

THE BATTLE CREEK IDEA

Vol. 2, No. 1.

BATTLE CREEK, MICH., DECEMBER 10, 1908.

PRICE, 2 CENTS.

Human Race Degenerating

Dr. J. H. Kellogg Tells Sanitarium Audience of the Effects of High Living on Humanity

RETURN TO NATURE

"WHEN we take a square look at the fact that the whole civilized portion of the human race is degenerating at a frightful rate it ought to make us stop and consider the cause. One cannot visit London or any other of the old world cities without being tremendously impressed with the great number of degenerated people he meets on the streets. In visiting East London, for example, I have often stood on the corner to see the people passing by, and I could find hardly one good wholesome-looking specimen of the *genus homo*. It is surprising indeed how almost universally the marks of degeneration are to be seen. The British government has awakened to the fact that there is something going wrong. They appointed a commission not long ago to investigate the matter of degeneration of the English people and they found that there was a frightful degenerative process going on. They investigated the public schools.

(Continued on page 3)

\$1,000 SUBSCRIBED FOR CITY MISSION

Prominent Business Men of Battle Creek
Meet at Sanitarium and Decide to
Found City Mission

DR. KELLOGG ELECTED PRESIDENT

ONE thousand dollars was subscribed, officers elected, committees appointed and plans well outlined for the establishment of a city mission in Battle Creek at a meeting held Tuesday night at the Sanitarium, following a supper at which about seventy-five representative business men of Battle Creek and Kalamazoo were present.

Dr. J. H. Kellogg was elected president of the committee which includes the following well known men and women: L. W. Robinson, I. L. Stone, W. A. Wattles, W. H. Hamilton, L. M. Schroeder, W. J. Mulford, W. T. Sellers, H. G. Butler, Dr. H. G. Wiggins, Justice Howard Batdorff, Prosecutor L. H. Stewart, Ella Thompson, Howard Green, George E. Judd, Dr. John H. Kellogg, J. E. Strong, Dr. Haughey, Miss Bertha Babcock, George C. Tenney. The pastors of the churches in the city are ex-officio members of the committee. Other officers are: I. L. Stone, vice-president; Miss Babcock, secretary.

(Continued on page 6)

A Day with the Visiting Nurse of the Sanitarium Dispensary

Scenes Met with on the Daily Round
of Calls Among the City's
Poor

MANY PATHETIC CASES

"You don't mind wind and snow, I trust," said the Visiting Nurse, as she fastened her blue bonnet—the distinguishing feature of her dress, which proclaims to the dozens of families she visits weekly that they have a Good Angel in their midst—and prepared to start out with me on her daily round. My hasty asseveration to the contrary reassured her and with our arms loaded with packages of delicacies, some tiny garments for a new baby and other articles to be distributed that morning, we started forth. It was my first experience in getting in touch with the poor of Battle Creek. So thrifty does the little city appear that I had not imagined that I would find duplicated such cases of poverty, sickness and filth as are found in some of the slum districts of our larger cities, and suffering and grief that would draw tears even from those who are familiar with the work.

Our first visit led us across the fields, three quarters of a mile away, to the home of a Dutch family where we found small Gretel, the patient, convalescing from an attack of pneumonia. Her life had been practically saved through the skilful treatment of the Dispensary doctor and nurse, who had remained all one night giving her the necessary treatments and watching through the crisis. Now, starry-eyed and smiling, she sat perched up among her pillows, nursing her doll. The grateful mother and the little brood of children gathered about Nurse as she unwrapped a package of rice flakes and explained that they were for the upbuilding of small Gretel's health. "Mooi, mooi," exclaimed the mother, and Gretel's eyes and smiles reflected the mother's "thank you," that had slipped out in the native tongue. With a few words of advice as to air and diet the visit was ended and we hastened away, a quarter of a mile beyond, to Bethesda Home, where seven little innocent babes and their unfortunate mothers are given a comfortable home and tender care and shielded for a time from the world's harsh treatment.

We arrived just as morning worship was being brought to a close—in time to hear the reverent, grateful prayer of the head physician and mother of the home, whose heart is so large that it has room for every unhappy girl and every tiny life that reaches out to her for comfort and for protection, and whose work is shared by her husband, who gives as generously of his help and sympathy. Baby hands are outstretched to them and baby smiles are showered upon them and the gratitude of hearts that have turned from bitterness and disappointment to love and trust are a large part of their reward, and who can say that it is inadequate? Our visit here was necessarily brief, and after arranging for the reception of a new patient, Nurse hastened me down the street to Haskell Home—the orphan-

age—also supported by the Sanitarium interests, where twenty-eight boys and girls are now being fed, clothed and sheltered and given an education along Christian lines. Here arrangements were made for the admission of six more children—half orphans whose fathers had deserted them and thrown upon frail mothers the task of support.

A few blocks further on we stopped at a forlorn tumbled-down house, unpainted, and bearing every evidence of the poverty that dwelt within. To reach the inhabited portion we passed through a cold, barren room devoid of furniture except for a few rags in a dry-goods box in the corner. In the kitchen beyond was the mother of a household of five, herself a victim of an incurable disease—sitting in a room so chilly that the out-of-doors seemed comfortable by comparison. Three small sticks of green wood had been poked into the kitchen stove and were making a desperate effort to burn, but without other visible results than a disagreeable smoke that filled the air and made breathing uncomfortable. The owner, however, was undaunted—we were her guests and hospitality was her strong point. She placed the only two chairs for us and then calmly opening the oven door sat down upon it and proceeded to "visit." "We're gettin' along fine, now," she ejaculated. "Pa hez got a little work, and the children can pick up wood and coal

(Continued on page 2)

MINISTERIAL DINNER HELD AT SANITARIUM

Annual Event Is Well Attended by Local
and Visiting Pastors and
Visiting Missionaries

INTERESTING PROGRAM FOLLOWS

A DINNER of one hundred covers was tendered the Battle Creek Ministerial Association by the Sanitarium management on Monday noon, at which pastors from the several churches of Kalamazoo, Albion and Marshall were also guests, together with the visiting missionaries now at the Sanitarium. The affair is an annual courtesy extended to the ministers by the management and on this occasion proved of more than usual enjoyment for the fact of the presence of so many able missionaries, several of whom spoke briefly at the close of the regular program, which followed the one o'clock dinner.

The Rev. W. H. Phelps presided as toastmaster, introducing the following speakers: the Rev. Frederick H. Bodman, Battle Creek, who spoke on "Religious Unity in Religious Diversity;" the Rev. A. A. Geiger, of Marshall, "The New Missionary Revival in Home Lands;" the Rev. Benjamin Chappell, Japan, "Missionary Openings in Dark Lands," and

(Continued on page 5)

WITH THE VISITING NURSE

(Continued from Page 1)

enough almost to keep a fire goin' mornin' and night and the baskets of food we git at the dispensary makes things go along real smooth. Guess we'll be all right, come spring. Hev you heard about that woman over across the road? No? Well you jest aught to go over to see her. My Sakes! she hez had the pleuris so bad that she has nearly blistered herself all over with mustard plasters trying to git the pleuris out of her bones and stummick. I tell you it's fierce. I knowed you'd help her if you found out about it." There was not a word of complaint throughout the visit—although they were in the direst of straights, with almost no clothing, no fuel except what the children picked up along the tracks and many days dependent entirely upon the food obtained from the Sanitarium Food Dispensary.

A near neighbor, upon whom we called next,

and I found out I could git a dollar bottle fer two shillin' and I got it, an' I believe they're goin' to help me," and she forthwith took a generous dose in our presence that we might watch the effect.

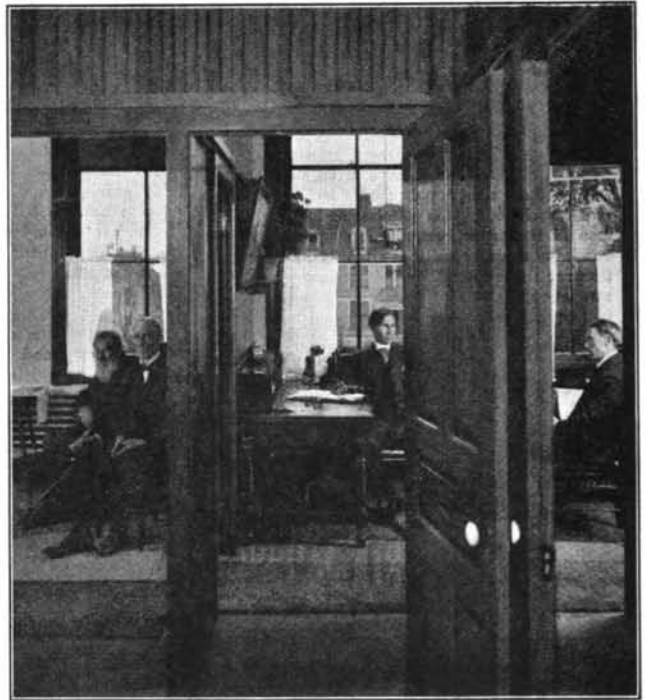
In the same neighborhood we visited a little cottage where a young daughter, lame for many years, cares with infinite tenderness for an aged mother who has been bedridden for three years. The mother is deaf and is also fast growing blind. In spite of the many deprivations courage and cheer pervaded the place, although the problem of the approaching winter and the future years stare them pitilessly in the face. It is to such homes as these that the counsel of the visiting nurse and her touch with the great outside world is often most gratefully appreciated. Here she watches over the delicate health of the mother and sees that their simple wants are never left quite unprovided for, while the young girl's brave effort to fit herself for self-support is receiving encouragement. Sometimes she reads, sometimes she

despite her long years of suffering, her poverty and the hopelessness of future years she nourishes a thankful spirit. "I thank God every day," said she, in a voice so weak as to be almost inaudible, "for my good, kind husband. In all these ten long years he has never been anything but tender and patient and kind. The only pleasure he has, after his ten hours of work and getting his own meals and keeping up the house, is coming to see me. I don't know what I would do if it wasn't for him."

From the hospital there was a hurry call to a house where a baby was suffering with acute pneumonia and a distracted mother was making futile attempts to relieve its suffering. The case called for decisive action and Nurse stepped into the breach at once and with treatments, quickly applied, brought relief to the little sufferer. A little further beyond a young man was found suffering from severe wounds, which the nurse dressed, giving instructions meanwhile to the mother for the further care until she should come on the morrow. In the



SCENES IN THE DISPENSARY TREATMENT ROOMS



RECEIVING MEDICAL OFFICE IN THE DISPENSARY

met us with smiles and an equal evidence of gratitude as she opened the door and ushered us into a room where her eighth baby boy was sleeping. The mother and child have been cared for by the Dispensary physician and nurse for nine weeks and clothing and food have been provided them. "That boy ain't got but nine blessed dresses now," she announced proudly as we were leaving. When the little lad arrived in the world he was quite unprovided for, but, as the mother's voice indicated, he has now an embarrassment of such riches. She too, was "gettin' along fine" and after a few moments' chat, which on other days is supplemented by a treatment given by the nurse, we went down the street to a tiny black cottage where, in response to our knock, a quaint little black-eyed woman came to the door. She was as yellow as a dandelion and presented a startling appearance. "Janders" was her laconic explanation. The nurse, who has had the case in charge for several weeks, arranged for some delicacies for her and listened to the recital of her symptoms in which she took a childish delight. "I jest got to feelin' that I needed some bitters

prays and always she cheers.

Across the river and down into the factory district we wended our way until we came to one of the most pathetic cases of want on our list—a mother left with four little children, one dying of typhoid in the hospital, another developing it, a babe in arms with a serious skin disease and another child toddling about, the mother herself just off a sick bed—the entire family deserted by a drunken father at the approach of winter, leaving them without food, fuel, clothing or money. The mother, sweet-faced and of more than average intelligence, although on the verge of despair, smiled bravely and said she hoped soon to be able to get out and find work that would support her little family. The baby's little body is dressed daily by the nurse, the sick children visited and provision made for fuel and food before Nurse checks the little family from off her list.

At the hospital were several cases that called for sympathy. One, that of a woman who had been bedridden for ten years. She lies day after day in the charity ward, pathetically glad of a kindly word or message of cheer, and

same block a family of children were found crying in a house in which there had been no fire for some hours and where the mother was found to be very ill and needing immediate care.

Twenty-one homes were visited by Nurse before her daily round was over and that day was but an average one. While the work of the Dispensary and that of the Visiting Nurse has been kept up for some years, the present year, perhaps, has shown the greatest results, as there is each year an increasing need. The installation of treatment rooms in the Dispensary proper, where, after consultation, the patients are able to go at once for treatment, has been a great improvement in the service. Here may be had any of the treatments to be found in the best equipped treatment rooms or sanitariums in the country and all free to any of the needy poor of the city. There are facilities for electric tub baths, sinusoidal electrical tub or table treatments, sprays, massage, Swedish mechanical, etc., and every convenience for minor operations and surgical dressings.

Dr. Benton M. Colver is the physician in charge receiving patients daily and ably assisted

by Miss McKeracher, visiting nurse. Four nurses are installed in the treatment rooms. The monthly report for November shows: Consultations, 205; examinations, 47; surgical dressings and office treatments, 106; operations, 3; doctors calls, 132; nurses' calls, 140; bathroom treatments (men), 258; bathroom treatments (women), 251; treatments given at home, 43; phototherapy, 112; Swedish mechanical, 22; massage, 8; persons assisted by clothing, 78; garments given out, 174; garments received, 132; orders for food, 17.

The work is done day by day, quietly and without ostentation, so quietly in fact, that it is seldom heard of except by those who are in need or those who minister. Through the year hundreds of lives are brightened and hard pathways made a little smoother, while the actual saving of life through prompt medical care and efficient nursing is no inconsiderable part of the work. The work is one which can not help but make its appeal, once it becomes known, particularly at this holiday season when mankind is filled anew with the sense of responsibility to fellow man and hearts are touched by the tender old story of the Babe in the Manger, the influence of whose life was to stretch down through the ages and become the synonym for gentleness, mercy and loving ministration.

HUMAN RACE DEGENERATING

(Continued from page 1)

They found in one high-class girls' school that 34 young women out of 36 had crooked backs, deformed spines. They found among the children of the public schools that nine-tenths of them were more or less deformed, had some difficulty of the eye, misshapen ears or some other deformity.

"In almost every civilized country these marks of degeneration are to be seen everywhere. In this country it is indicated by the enormous increase of insanity. Fifty years ago there were only 600 insane people to the million, and now there are 1800 insane people to the million. In England there are 3,000 insane people to the million. Now that is serious. There are more than 500 idiots and imbeciles to the million. We are losing our senses pretty fast. At the present time there are 1600 idiots and lunatics to the million. At the same rate in fifty years more we shall have 10,000 idiots and lunatics to the million. That would be one per cent. In fifty years more it would be three per cent, in another 100 years 27 per cent, and fifty years more 81 per cent. So within 265 years from the present time we shall all be idiots and imbeciles if we do not stop.

"This is not a fancy, my friends, but an actual fact; we are becoming insane at a terrific rate. Last year I was talking to the Secretary of the Illinois State Board of Charities, Prof. Graves, on this very matter. 'Yes,' he said, 'It is terrible. Why, down in Illinois we have 10,000 lunatics in the insane asylums, and I have recently been collecting statistics, to see if I could ascertain how many there were outside. We have only 10,000 inside, we haven't tonishment I found there were more than 50,000 outside. We have only 10,000 inside, we haven't the rest yet, but they are there and I shouldn't be surprised if we should find 100,000 when we get the whole truth of it.' What is true of Illinois is still more true of Michigan, Connecticut, Rhode Island and other eastern states where the degenerative process has been going on a greater length of time. The older the country the more degenerate the people. Out west in Kansas, Nebraska and other western states you will find that the people are taller than they are in New York, a good deal taller than they are in Michigan. We have noticed that for a good many years. Nurses coming from the west, from Kansas and Nebraska and

other western states, are always taller than people who come from the east, considerably taller and larger. The people of the west lead a more outdoor life than the people of the east. More than half the population of some of our eastern states are to be found in the towns. The western people are living in the country or in small country towns, so they have more fresh air and fewer of the city habits which are the great source of this degenerative process. The idea is prevalent that what is called the high life is enjoyable, and that the higher you go up, the more fun you will have. That is perfectly true if you have the right conception of what high life is, but it is not true concerning the popular conception of high life.

"When I was in Mexico some years ago, passing along one of the main streets in Mexico City, I noticed a sign across the road which impressed me very much because the words were in English. The sign read, 'High Life Restaurant.' I looked in and all I could see was an assortment of cigars, champagne bottles, whisky bottles, etc., and I began to understand what high life meant. I went down the street a little further and I found a 'high life tailor.' So I discovered that the words 'high life' in that country meant something similar to the life led by high-livers in New York. Over in Budapest, Hungary, some years ago, I noticed the same variety of signs, 'High Life Tailor Shop,' 'High Life Restaurant,' 'High Life Millinery,' etc.

"There seems to be an idea prevailing among the people that the fast living, the artificial living, the so-called high life, is the most enjoyable sort of life. But no delusion could possibly be greater. A good many people who come here to this institution have confessed their disillusionment and have said very frankly that they were sadly mistaken in supposing that they were really having a good time. Now, what had they been doing? They had been sitting down at the table just to have a good time, just for the fun of it. I have known people to sit down and eat a good supper and then four hours later go to a picnic somewhere and eat four times as much as they ought to think of eating, and why? Simply because it had a good flavor and tickled their palate.

"Gout is a disease that anybody ought to be ashamed of, because it means that he has been a low liver, not a high liver but a low liver; that he has been giving up his life to having a good time with his palate; that he has been having fun with it, if you please, playing upon it and his sense of taste just as one would play upon a piano or a fiddle. The average man sits down to the table and eats everything that comes along, asking no questions for conscience's sake or stomach's sake, but only for palate's sake. Is it good? Does it have a good taste? Do I like it? Do I have a good time while I am eating it? When a man eats everything that is found upon the conventional bill of fare, if he could realize what he is doing, if his imagination could only picture in the steam that is rising from some of these savory dishes the real things that are there, the veritable demons of disease that are there, he would be so horrified that he would flee.

"There was Plutarch, that wonderful old philosopher who wrote an essay against flesh-eating and those disgraceful atrocities of the butcher shop, slaughter pens and cook-room. He made some queer remarks about 'those layers out of corpses—the butchers and the cooks.' 'Why,' he said, 'sitting down to such a meal as those people prepare would make one feel as the old poet described it, "the very hides begin to creep." We find listed upon the ordinary bill of fare a dozen or even more of different kinds of animals—a veritable menagerie of dead beasts, and one is expected to make a selection from these dead things.

"It is not entirely what we eat, but some-

what in the way we sit. I was looking around a moment ago taking a note of the people to see how many were sitting straight. It is a very common thing for a person to be sitting down in his chair completely collapsed. I am inclined to believe that nature never intended we should sit.

If you have noticed primitive people you will see that they are always walking, standing or else reclining, lying down full length, reclining upon an elbow, but never sitting. The danger of sitting is that we get ourselves under the influence of that awful force, gravitation. Gravitation is like sin. It is always pulling us down. It is tugging away at the liver and the stomach and all of the other organs that hang loosely in the body, and the only thing that keeps gravitation from getting our livers clear down into our abdomens is because the muscles of the abdominal walls contract and hold them up. If these muscles are not properly contracted, gravitation pulls them down.

"When one sits in the ordinary chair it is absolutely necessary that he should sit properly. You can not sit in an ordinary chair and sit relaxed without getting into trouble, without suffering injury. In the ordinary chair which has a perfectly straight back, to get any support you can only touch the upper part of your shoulders. If you undertake to support the whole back, to support the center of the back, you have to do it at the expense of malposition.

"This sitting in an improper or relaxed attitude is one of the most prevalent traits of civilized people. The result is a prolapsed colon, which becomes the hold of hateful, putrefying, fermenting remnants—a veritable factory of poisons, a cesspool of death-dealing poisons. I can not find words strong enough to express the facts concerning this danger. I am satisfied that the evils that come from this particular source are among the greatest of the evils that civilized man has to battle with: the great cause of old age, premature death, chronic disease, of lowered vital resistance, even consumption, is to be found in this chronic auto-intoxication that is almost universal among civilized people.

"The life insurance companies publish what they call tables of life expectancy. That is, for example, a man at fifty years of age probably has about so many years to live; a man of thirty has probably so many years to live, etc. A recent government report based on the latest insurance tables gave this interesting and vital fact: that after 60 years of age the life expectancy is less to-day than it was 20 years ago. The man 60 years old to-day has not as good a chance to live as many years as the man of 60 years had 20 years ago. That confirms other reports that old age is increasing; that people die before they ought to die. Metchnikoff has told us what that disease is. He has told us it is a colon disease, caused by poisons absorbed from the colon, produced by putrefactive germs, the same germs that cause the putrefactive process in a dead animal.

"So it behooves us to live high enough if we want to live long. We want to sit high, stand high, carry our heads as high as we can if we are going to adopt the high life, and we want to keep just as high up as we possibly can. We want to practice in all our habits to cultivate things that are really high. And the highest thing we can possibly do is to get just as near to heaven's ways as possible and find out what God intended us to do. When God made man he established a certain order for him, established a certain dietary and a certain environment about him, established certain relations between man and other substances and made food for him intended to support his life. But now when man turns away from the food heaven gave him, from the food God has pre-

(Continued on page 5)

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PUBLISHED WEEKLY BY
GOOD HEALTH PUBLISHING COMPANY
BATTLE CREEK, MICH.

SUBSCRIPTION RATES

One Year	\$1.00
Six Months	.50
Three Months	.25
Per Copy	.02

VOL. 2. DECEMBER 10, 1908 No. 1

SUCCESS OF LOCAL OPTION

At the time of our going to press the result of the efforts of the local organization—the Calhoun County Anti-Saloon League—to secure the required number of petitioners for the local option campaign, is not known, although those who are actively interested in the matter are sanguine of their success, and we trust they have not worked in vain.

In an address given before guests at the Sanitarium the past week, Capt. O. R. Van Etten, a temperance worker of wide reputation, gave some illuminating facts regarding the beneficent effects of the "dry" system. "For every dollar received from the liquor traffic," said the speaker, "it requires \$14.56 to take care of it. At Birmingham, Ala., in their election two years ago, they closed up the 25 saloons, and the police judge's books showed a conspicuous decrease in crimes that can be directly charged to saloon traffic. On January 12 his books showed 594 cases, as compared to 779 on the preceding year. Arrests for drunkenness had dropped from 174, January, 1907, to 33 in 1908. For disorderly conduct the decrease was from 90 to 56, and wife-beating had decreased 70 per cent, burglary 33 per cent and vagrancy 40 per cent."

The following table, showing what the saloons did for Santa Barbara, a "wet" town, as compared to Riverside, speaks for itself:—

	Santa Barbara	Riverside
Population	11,000	11,000
Assessed Valuation	\$6,586,433	\$7,019,905
No. of Saloons	25	0
No. of City Police	8	3
Total No. of Arrests	892	338
Arrests for Drunkenness	369	71
Arrests for Disturbing the Peace	155	34
Arrests for Vagrancy	281	148
Cases in Police Court	355	105
Received from Saloon License	\$7,500	000
City Tax Rate	\$1.30	\$1.20
Taxes Collected	\$85,623	\$77,218
Deposited in State Bank	\$121,325	\$199,351
No. of Churches (Protestant)	9	21
Schools	1,400	1,898

LEND a helping hand to another,
It will help you on your way,
And the heart of the weary brother
Will be gladdened through that day
'Twas the Master said, 'Love one another,
'Tis a new commandment I give.'
Then obey it, and you, my brother,
In the light of His love shall live.'

TUBERCULOSIS EXHIBIT OPENED IN NEW YORK

Exhibit Transferred to That City at Huge
Cost Which Is Met by Philanthropic Citizens

PREVENTION THE KEYNOTE

THIS week the International Tuberculosis exhibit has been transferred from the city of Washington, where it was shown during the recent International conference, to New York for a six weeks' exhibition in the interests of the education of the public. The cost of transferring the exhibit and maintaining it during the six weeks is in the neighborhood of \$30,000. The amount has been contributed almost entirely by philanthropic citizens of New York. So large is the exhibit that it has been called "The World's Fair for Health."

Germany, which has one of the most complete and accurate exhibits to be seen in the entire group, is represented among other things by a costly and extensive model of a group of sanitariums, some seventy-five acres of grounds, reduced with almost incredible fidelity to occupy only a small space, says the *New York Times*.

Another striking feature of the exhibit has been arranged by the Bureau of Animal Industry, consisting of a daily display of meat which has actually been condemned at the slaughter houses of the city on account of tubercular infection. This meat will be conveyed to the exhibit every morning so that housekeepers may learn for themselves how to guard against the purchase of infected meat.

The larger number of the exhibitors are from the United States, but nearly all the Central and South American countries are represented, while the more important European countries have exhibits which rival, if not equal, anything shown by the States or organizations of this country. Japan, chief of the Oriental countries in this "health fair," has a very creditable exhibit. Most of the States are represented, while some of them, like New York and Pennsylvania, have extensive official exhibits flanked by exhibits of local anti-tuberculosis societies, sanitariums, and hospitals.

The keynote of all the American exhibits is prevention rather than statistics or cure. They emphasize the fact that relief from tuberculosis must come through social and economic progress as much as through medical agencies. The improvement of living conditions and the popular dissemination of knowledge regarding sanitary and other measures, which strike at the source of the disease, are given prominent places in the exhibition.

Folding Arms

By folding your arms you will pull the shoulders forward, flatten the chest and impair deep breathing. Folding the arms across the chest so flattens it down that it requires a constant effort to keep the chest in what should be its natural position. As soon as you forget yourself, down drops the chest.

We can not see ourselves as others see us. If we could, many of us would be ashamed of our shapes. The position you hold your body in most of the time soon becomes its natural position. Continuously folding your arms across the chest will develop a flat chest and a round back.—*Family Doctor*.

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HUMAN RACE DEGENERATING

(Continued from page 3)

pared for him, when he turns away from the ambrosia and the fruits and nuts and sweet things on the trees, and goes down on all fours to gnaw bones with the dogs, to eat the scavenger diet which the turkey buzzard feeds on, he must suffer some terrible consequences, and he does.

"This, in my opinion, is the real source of the degenerative process we see going on about us, and the reason why we have degenerated so fast during the last 100 years, and the last 50 years especially. Our ancestors lived simply. The average man eats day after day as rich and unwholesome a dinner, as disease-producing a dinner as his ancestors had on Christmas or Thanksgiving, only once or twice a year. He has a roast beef or turkey dinner every day or three times a day, whereas his ancestors only had two a year.

"So we are multiplying our maladies by wandering farther and farther away from the natural road. We must return to nature. In returning to nature we are, in other words, returning to God, returning to the order which God marked out for us to walk in. I hope, my friends, you will take this to heart, think seriously over these matters I am telling you about. I have not said a word I can not prove. These statements I have been making are based on scientific facts which can not be concealed, and the world is awakening more and more. The medical profession, as well as other portions of the community, are giving more thought and attention to this matter and are coming to recognize that the habits of life, the things we eat and the things we drink, and the way we conduct ourselves, are really the foundations of our longevity, of our appreciation of life. The correction of these evils is the task ahead of us if we expect to stem this tide of degeneration that is rising so high in the civilized world."

MINISTERIAL DINNER HELD

(Continued from page 1)

the Rev. J. W. Lawrence, Kalamazoo, "The Evangelistic Note."

The first speaker, the Rev. Mr. Bodman, gave an able paper on religious unity, pointing out the common origin and common nature of man, asserting that the divisions were superficial and often artificial, while the bonds of union were always natural and always profound. "It matters not," said he, "whether you are a Buddhist, a Jew, a Christian, a Catholic or a follower of any other form of teaching, you are all making for the same destination. All life is a battle for character and in a large sense we are all immersed in one material and spiritual environment.

"The ways they are many,
The end it is one."

"We are all united in a common effort to find life, truth and character. Let us put aside our antipathies, our antagonisms and mass our energies to promote the common good and establish a more humane and a juster social order, bring relief to the suffering and redemption to mankind."

The Rev. Mr. Geiger, of Marshall, who followed, sketched the growth of the missionary movement, which, but a little over one hundred years ago, was scoffed at by the churches as a fanatical idea, but now regarded as one of the sanest ideas promulgated by the church. He praised the work of the student volunteers and the Laymen's movement, declaring them both to be efficient factors in the work. The interest in mission study and the fascinating literature

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obtained through that source was also, he said, a means of inspiring many and of arousing interest on the part of those who remained at home and gave to its support. He closed with a glowing tribute to the noble spirits who gave their lives to the foreign work.

The Rev. Benjamin Chappell, for many years a missionary to Japan, sketched in a graphic manner the changes that had taken place in Asia alone during the past generation, and told of the wonderful opportunities now presented in Turkey, India, China, and Japan and Korea. He related several incidents of his own observation in Japan, and closed with a fervent appeal to his hearers to "Keep step with God as he marches on through the centuries."

The Rev. J. W. Lawrence, of Kalamazoo, who spoke on the evangelistic tone of present-day religion, deplored the popular evangelistic movement with its hippodrome methods, its paid workers and singers, and declared it to be a barrier to the church. "Evangelism," said he, "should be kept in the pastorate. The business of Christianity is to bring new ones into the fold by bringing them into the love of Jesus Christ. Every Christian should be a personal worker. That is the healthy, normal condition. We should lay more emphasis on personal evangelism."

Following the Rev. Mr. Lawrence, Dr. Kellogg was asked to speak, the toastmaster saying that they were all there as guests, "by grace or the management." Dr. Kellogg, in reply, said that they were there because they belonged there. "We are working with you and consider you our partners. I should be very sorry to be connected with any institution where such a body was not welcome. You help to maintain the atmosphere we like to have here for sick people. It is a part of our duty to remind them that it is the divine power that heals, and that, as the motto over our doors reads, 'He is the Life.'"

The program closed with a symposium in which the several missionaries from foreign fields told briefly of why the pastors present should send help to them in their particular field. Missionaries responded from China, Japan, India, South Africa, Turkey and Asia Minor.

DECEMBER GOOD HEALTH OUT

THE December number of Good Health is just from the press with a fascinating array of interesting and instructive articles from the fertile brains of its several able contributors, including Dr. J. H. Kellogg, Mrs. E. E. Kellogg, Dr. Kate Lindsay, Mrs. Minnie Emmons, Wilton H. Browne, Walden Fawcett and others. The magazine also includes an illuminating article entitled "Should Flesh Eating Be Abandoned?" by Prof. Irving Fisher, of Yale University.

The number is profusely illustrated and the cover design is particularly handsome and seasonable, showing a tree-bordered pathway after a December ice storm. Mothers and home-keepers in general will find the number replete with interest.

"THERE is good philosophy as well as good health in the maxim, 'Laugh and grow fat.'"

"LAUGHTER is nature's device for exercising the internal organs and giving us pleasure at the same time."

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Classes are organized April 1 and October 1. Applications are received whenever vacancies.

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\$1,000 FOR CITY MISSION

(Continued from Page 1)

tary; L. W. Robinson, treasurer. Willet S. Colgrove of the City Mission, Kalamazoo, will be superintendent of the Battle Creek mission, having for his assistant a trained mission worker. The Mission will be located on Main street in the saloon district and will be run along the lines of the one in Kalamazoo which for the past year has been most successful.

The speakers of the evening spoke in unqualified praise of the work and were unanimous in expressing the opinion that such a mission was needed in Battle Creek. The purpose is to reach out after the men who are in the "down and out" class, give practical aid and encouragement to those who are discouraged and out of work, to uplift and convert to a better life those who through weakness and constant temptation have succumbed to defeat. The work will be begun at once that the mission may be well established before the winter is further advanced.

The following amounts were subscribed. I. L. Stone, \$200; Dr. J. H. Kellogg, \$100; Mrs. J. H. Kellogg, \$50; ten Kellogg children, \$5 each; H. G. Butler, \$100; Howard Green, \$50; L. W. Robinson, \$25; G. C. Tenney, \$30; C. W. Wheelock, \$50; W. H. Hamilton, \$10; W. H. Phelps, \$10; Stewart & Jacobs, \$15; Dr. Dowkontt, \$10; Battle Creek Sanitarium, \$290.

PERSONALS

Mr. L. E. Curfman, of Urbana, Ill., is a patient here.

Mr. T. J. Norton returned the first of the week from Chicago.

Mrs. E. L. Holmes, of St. Paul, has returned for further treatment.

Mrs. Marie L. Field will leave for her home in St. Louis this week.

Mr. John A. Kling, of Cleveland, O., is paying a visit here this week.

Mrs. R. Peck, of New York City, is paying a visit to the Sanitarium.

Mr. R. H. Carpenter, of Lima, O., is one of the past week's arrivals.

Attorney J. B. Adams, of Uniontown, Pa., is a patient at the Sanitarium.

Mrs. Thomas G. Levings, of Rockford, Ill., is a patient at the institution.

Mr. O. O. Williams, of Live Oak, Fla., is recuperating at the Sanitarium.

Attorney H. M. Bartlett, of Muscatine, Ia., is paying a visit here this week.

Mr. J. H. Stewart left Monday for the south, where he will spend the winter.

Mr. O. H. Binns of Logansport, Ind., paid a visit to Mrs. Binns over Sunday.

Miss F. M. Merrill, of New York, is resting at the Sanitarium for a few weeks.

Miss Bertha D. Knobe, of New York City, is taking a needed rest at the Sanitarium.

Miss Carrie Jones, of Kansas City, Mo., is a newly arrived patient at the institution.

Mr. C. E. Stanley, of St. Louis, Mo., is a recently arrived patient at the institution.

Mrs. A. S. Honnet, of Pine Bluffs, Ark., is a newly arrived patient at the Sanitarium.

Samuel May and daughter, Mrs. L. E. Rice, of Toronto, Can., are guests at the Sanitarium.

Attorney E. H. Decker, of Battle Creek, is taking treatments at the Sanitarium this month.

Mr. Henry E. White, Jr., of Pittsburg, who visited here last June, has returned for further rest.

Mrs. Avery Brush, of Osage, Ia., has returned to the institution for further rest and treatment.

Mrs. J. H. Beebe and daughter, Mrs. H. B. Curry, of Chicago, are resting at the Sanitarium.

Capt. O. R. Van Etten and family, of Highway, S. D., are paying a visit to the institution this week.

Mr. and Mrs. G. W. Abbott, of Sioux Falls, S. D., are among this week's arrivals at the Sanitarium.

Attorney N. R. Harrington, of Bowling Green, O., is enjoying a period of rest at the Sanitarium.

Mr. and Mrs. E. W. Dennison arrived at the Sanitarium Monday and will remain for rest and treatment.

Miss Louise Golder and Miss Frederike Ebersprache, of Cincinnati, are paying a visit to the institution.

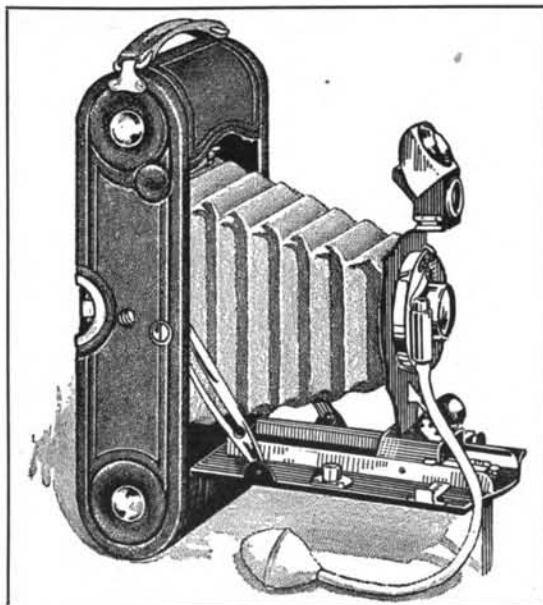
Mr. and Mrs. O. A. Field, Jr., of St. Louis, visited Mr. Field's mother, Mrs. O. A. Field, Sr., this week.

Mr. E. H. Hunter of Des Moines, Iowa, has been spending a few days visiting Mrs. Hunter, who is a patient here.

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PALM GARDEN PHARMACY, - Sanitarium

Mr. R. Alden, of Bentonville, Ark., who spent some time here last June, has returned for further rest and treatment.

Mr. and Mrs. H. D. Burrill of Syracuse, N. Y., will leave for the east this week, after a short rest at the Sanitarium.

Mr. and Mrs. Fred Haxton, of Chicago, spent Sunday at the institution, the guests of Mr. E. H. R. Haxton, who is a patient here.

Mr. J. W. Mayhew, of Columbus, O., who visited the institution last February for some weeks, has returned for further treatment.

Mrs. Elizabeth Moyler and son Jack, who have been at the Sanitarium for several months, returned this week to their home in Columbus.

Mr. W. W. Tamblyn, of Bowmanville, Ont., paid a visit to Mrs. Tamblyn this week. Mr. Tamblyn has just returned from an extended trip abroad.

Miss Edith Bullock of Grand Rapids, who has been a guest at the Sanitarium for some weeks, has gone to Howell, Mich., to spend a week with her mother.

Mr. W. B. Wintersmith returned to his home in Louisville, Ky., Saturday. Miss Margaret Wintersmith will remain for a fortnight taking the treatments.

Miss Katherine Norton returned to her home in Chicago this week. She will remain until after Christmas, after which she will return to the Sanitarium.

Mrs. M. B. Koon and daughters, Mrs. C. D. Delie and Mrs. C. C. Bovey, of Minneapolis, are paying a visit here. Mrs. Koon will remain as a patient for some weeks.

Mrs. R. Hieronymous left early in the week for her home in Eureka, Ill., after a stay of two months at the Sanitarium, during which time she has greatly improved in health.

Mrs. Margaret Paxton, of New York City, a frequent patron of the Sanitarium, has returned for a stay of some weeks. Mrs. Paxton left here last February for a three months' visit to the Holy Land, and since her return has spent her time in the east.

News Notes

Leland Ransom of Rockford, Ill., has entered the men's nurses department for training.

Dr. Carolyn Geisel left Monday for a month's lecture tour in the south.

A meeting of the Nurses' Alumnae association will be held Monday evening in West Hall parlor.

Mr. and Mrs. J. Staines of Fenwick, Mich., have been visiting their daughter, Dr. Carrie Staines, this week.

Dr. Elmer Otis and Dr. Clara Beckner-Otis of Lake George, N. Y., will join the medical staff of the Sanitarium this month.

Several nurses of Canadian birth are planning to return to their homes for the holidays, taking advantage of the holiday excursions.

Members of the British Empire League are making plans for a Christmas celebration which will have a flavor of Merrie England.

Mr. and Mrs. Lester Quigley, who have been for some time in Milwaukee, have returned to the Sanitarium and are engaged in the nurses' departments.



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Miss Mabel Skerritt, formerly of the nurses' department left this week to join her brother and sister, Dr. and Mrs. Charles Cave, in the British West Indies.

Friends of Mrs. C. C. Keller were saddened to get news of her death this week. Mrs. Keller, as Vina May Smith, took her nurse's training here and her death was the result of an operation performed in Philadelphia.

Plans for a huge temperance rally in which members of the Sanitarium union, the newly formed Young Women's union and loyal temperance legions will participate, are being made by officers in charge. The rally will be held from 4 to 6 o'clock in West Hall parlor Sabbath afternoon.

Natives of Denmark, Norway and Sweden enjoyed a Scandinavian social last Wednesday evening at the home of Mr. and Mrs. J. H. Bucht. About twenty-five guests attended the affair, all of them employees of the Sanitarium and all of them Scandinavian-Americans. A feature of the evening's entertainment was the singing of the several national songs.

At the Sabbath afternoon gospel service, held in the Sanitarium parlor, an attractive program of sacred songs was given, Miss Jackson, Mr. Mathewson participating and Miss Core rendering a violin solo. Following the musical program Pastor George C. Tenney read a poem, "Drifting Out to Sea," while his son Ivers A. Tenney made rapid charcoal sketches to illustrate it. The work was cleverly done and held the close attention of the rather large audience. In closing the program, Miss Lily Strong, state secretary for the Young ated in the College building and is open daily. work of that organization in all its phases, giving her hearers a comprehensive idea of the scope of the work as it touches the young women in colleges, in the city and the crowded factory districts and the new movement recently started to introduce it in rural communities.

On the evening of Dec. 19 the Ernest Gamble Concert company of Pittsburg will give a concert in the Sanitarium gymnasium, the proceeds of which will be turned over to the Library committee for the purchase of new books. The company includes Mr. Gamble, a concert soloist; Miss Verna Leone Page, violinist, and Mr. Sam Lamberson, a pianist of marked ability. All three of the artists have been warmly praised by musical critics of the country, and their program will undoubtedly give pleasure to a discriminating Sanitarium audience. The book fund is a worthy one, and one which should appeal to all Sanitarium visitors, who share equally the pleasures the library affords. It is purposed to add some of the best of the new fiction and such other books of travel, etc., as appeal to the tastes of the visitors recuperating here. The library is situated in the College building and is open daily. Cards may be obtained through the clerk at the desk.

"How often our defenses of God have been but defilements!"

"You can hardly make a greater mistake than to declare the glad news in a gloomy way."

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Battle Creek, Michigan

ARRIVALS

The list of arrivals for the week ending Dec. 7 is as follows: Mrs. William Storms, N. Y.; W. H. Mead, Mich.; Dr. Albert M. Barrett, Mich.; W. O. Steininger, Ill.; Mr. and Mrs. H. Speer, Ill.; Capt. O. R. Van Etten and wife, S. Dak.; R. Earl Milligan, Ohio; G. S. Webb, Mich.; William Richter and wife, Ky.; Mrs. J. H. Beebe, Ill.; Mrs. H. B. Curry, Ill.; G. W. Abbott and wife, S. Dak.; Mrs. M. B. Koon, Minn.; Mrs. C. D. Velie, Minn.; Mrs. C. C. Boney, Minn.; Mrs. G. W. Bergland, Ill.; W. W. Tamblin, Ont.; C. A. Bird, Mich.; Washington Gardner, Mich.; Warren L. Symonds, N. Y.; C. Edward Brandts, O.; Miss A. Austin; L. M. Cudworth, M. D.; C. E. Stanley, Mo.; O. O. Williams, Fla.; H. W. Michaels, N. Y.; H. N. Peck, Mich.; Mrs. E. L. Holmes, Minn.; Lewis McQuown, Ky.; R. D. Anderson, N. D.; Mrs. Thomas Levings, Ill.; D. B. Myers and wife, N. Y.; L. E. Curfman, Ill.; Mrs. Lester Quigley, Wis.; C. A. Barnhart, Mich.; W. B. Johnston, O.; J. W. Mayhew, O.; Louise Golder, O.; Fredericke Eberspracher, O.; Mrs. G. E. Wedmarth, Ill.; Miss Carrie Jones, Mo.; Mrs. A. S. Hannet, Ark.; John D. Acott, Okla.; Mrs. J. Gerson, Ill.; A. Leroy, N. Y.; Mr. and Mrs. O. A. Field, Jr., Mo.; Miss F. N. Merrill, N. Y.; Miss Tillie Schmeichan, Ont.; H. S. Schmeichan, city; Mr. and Mrs. Avery Brush, Iowa; V. H. Bulleit, Ind.; Bertha D. Knoke, N. Y.; Fred O. Bradley, Ill.; Henry E. White, Pa.; George E. Clarke, Mich.; R. H. Carpenter, O.; F. D. Carpenter, O.; Mrs. R. B. Peck, N. Y.; Fred G. Thule, Ill.; Belle H. Bunker, Mich.; Mrs. Albert L. Lee, Mich.; J. W. McHurray, Mich.; Mrs. Charles Draw; J. R. Russell; Mrs. K. D. Davis, Mich.; J. C. Ronzer, Ill.; G. B. White, Ill.; L. O. Miller, Ill.; Mrs. M. Paxton, N. Y.; O. H. Binns, Ind.; H. R. Haxton, Mich.; Mrs. Ted Wilson, Ore.; Mrs. W. J. Finlay, O.; Franklin Moore, Mich.; P. E. Gilbert, O.; William P. Gilbert, O.; N. Frazelle; Mr. and Mrs. J. A. Outerson, N. Y.; Mrs. Geo. I. Goodenow, Ill.; H. Haendle, Mich.; F. A. Burt, Ill.; Seth Marshall, Cal.; Dr. Langerhausen, Mich.; W. S. Goodwin, Ill.; B. W. Robinson, O.; Albert Heubner, Mich.; S. E. Frost, O.; W. C. Smith, Ill.; B. F. Hasmen; Samuel May, Canada; Mrs. L. E. Rice, Canada; Mr. and Mrs. Fred Haxton, Ill.; B. Chappell, Tokio; Dr. A. M. Hyde, S. D.; F. M. Loris, Ill.; W. F. Childs, N. Y.; E. W. Murphy, N. Y.; Mrs. Lillie Bowen, Mich.; Mrs. B. F. Wilkinson, Mich.; Mrs. C. P. Sayles, Mich.; M. W. Henry, Ind.; D. M. Evans, Ky.; G. F. Irwin, Tex.; Mrs. W. W. Cook, Mich.; Mr. and Mrs. H. C. Ward, Mich.; Miss M. Earle, Mich.; R. J. Dye, Africa; Mrs. E. W. Dennis, Ill.; Mrs. G. M. Higgins, Colo.; Miss M. E. L. Hasen, N. Y.; W. L. Curtis, Japan; James C. Thornton, Wash.; Dr. L. M. Denning, Ind.; Mrs. L. H. Denning and Miss F. L. Denning, Ind.

"It often takes greater faith to let God work than it does to work for him."

QUESTION BOX
DEPARTMENT

Q. Where there is no hydrochloric acid, should acid fruits, such as oranges, lemons, and strawberries, be eaten?

A. Yes, there is no harm in eating acid fruits unless there is pain following their use.

Q. What is the cause of hives?

A. Auto-intoxication due to poisons absorbed from the intestine into the blood, irritating the skin.

Q. Can indigestion be cured by hot fomentations?

A. Sometimes. Painful indigestion is greatly relieved by fomentations. Pain of any kind in the stomach, or in the abdomen or appendix, is generally relieved by fomentations.

Q. What is your opinion of the value of brewer's yeast as a remedial agent in certain stomach troubles?

A. It is a curious fact that brewer's yeast is of some value as a curative agent. It acts in precisely the same way as what we call friendly germs; but it is not so good an agent, because it produces alcohol and sometimes acids and other poisonous things, which it is just as well not to have. A little brewer's yeast might be beneficial in cases of auto-intoxication—not when you have gas on the stomach, not when you are troubled with sour stomach, but when you have a coated tongue and biliousness, and you can not get yogurt or buttermilk or any of these friendly germs which produce sour milk, but it is not a very pleasant remedy.

Q. Is it injurious to eat fruit between meals?

A. Fruit is the most harmless of all, but it is not good to eat anything between meals; but if you must eat, eat fruit, and chew it well; because it requires no digestion.

Q. What conditions of the body cause low blood-pressure? At what point does low pressure become dangerous?

A. Chronic disease of any sort generally produces low blood-pressure, that is, dyspepsia—anything except arteriosclerosis. But the blood pressure is generally low in chronic disease and in acute infectious diseases also.

Q. Do you recommend much walking for a person that has chronic sciatica?

A. Not too much at one time, but walk enough to keep the limbs in use. Do not humor the sore leg too much. If it is chronic sciatica, the limb will have to be stretched and pounded and hammered and very badly treated before it will ever get well.

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The new scientific remedy for constipation—the most common of all human diseases, and the mother of a multitude of maladies.

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All drugs and mineral waters increase the constipation and make worse diseases. Colax succeeds when drugs fail, and is as harmless as water, tasteless and odorless.

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THE BATTLE CREEK IDEA

VOL. II, No. 2.

BATTLE CREEK, MICH., DECEMBER 17, 1908.

PRICE, 2 CENTS.

Christmas Treat for Young and Old

Plans Well under Way for the Annual
Celebration in Which Poor Children
Play Conspicuous Part

COMMITTEES NAMED

Plans for the Christmas entertainment have been well outlined by the committee in charge and prospects are bright for an old-fashioned celebration, which will include the Christmas tree and supper for the poor children of the city, and a Christmas eve entertainment in the gymnasium for all guests and helpers at the Sanitarium, where a tree, gifts, carols and other music will form the program. On Christmas day there will be the midday Christmas dinner and after sundown—which will usher in the Sabbath—there will be a program of sacred music, followed by a Christmas address.

The Christmas treat for the little folk will be most carefully planned for their comfort and enjoyment. The committee in charge of the invitations, Misses Thompson and Babcock and Dr. Benton Colver, will make a list of the worthy poor children of the city, who will come by invitation and be returned to their homes

(Continued on page 6)

SUCCESSFUL BAZAAR FOR BETHESDA HOME

Domestic Science Department of Sanita-
rium Raises Funds for This
Most Worthy Cause

LITTLE BABIES MAKE APPEAL

Over one hundred dollars was raised for Bethesda Home through the efforts of the Domestic Science department, under whose auspices a Christmas bazaar was held on Tuesday afternoon in the parlors of the Sanitarium.

Miss Lenna Cooper and her staff of young women were in charge of the afternoon, and throughout the hours—from 2 to 6—there was a large attendance. The two smaller parlors were given over to edibles—that on the west showed an attractive array of culinary dainties for sale, including cakes, cream puffs, lady fingers, cookies, candies, etc., while the parlor on the opposite side had been converted into a small café, where cakes and gâteaux, nectars and bouillon were served for a small fee.

In the main parlor the young women presided at the several tables whereon were displayed specimens of their handicraft: dainty bits of fancy work for holiday gifts, and utilitarian articles, such as aprons, bags, bed-room slippers, coat hangers, etc. At another table were sold attractive little recipe booklets on desserts,

(Continued on page 2)

CIGARETTE SMOKING MAKES MANY INVALIDS

Specific Cases Met with by Sanitarium
Physicians Show the Degenerating
Effects of the Habit

LEADS TO DRUG HABITS

"The cigarette is a maker of invalids, criminals and fools—not men," some one has tersely said. Here at the Sanitarium ample proof is daily to be found of its ability to turn out the first mentioned class, for many of the cases that come to the institution—some of them of far advanced invalidism—are a direct result of

Endurance and Low Protein Diet

Dr. J. H. Kellogg in a Sanitarium Lecture
Tells of Tests Made on Low-Protein
Subjects by Prof. Fisher

OUTDO YALE ATHLETES

"We must live simply if we expect to live long, for a complicated and complex life is necessarily a troubled life and must be a short life. Minister Wu Ting Fang, who visited us recently, told us we must live placid lives; we must be kindly; we must be free from worry, from malice, envy and hatred.



Joy of the Holiday Season

excessive cigarette smoking. The invalids themselves call it by every other name—"overwork" frequently, but the examining physician is not deceived. He marks the general air of listlessness, the sleepy eye, the restlessness and nervousness, as he jots down the patient's history, going back to his ancestors and working down to the present gradually. Finally there comes a "Do you smoke?" and the patient replies, perhaps indifferently and with an air of its being of small importance, "Yes, I have smoked since I was a boy of fourteen. Never hurt me a bit." Perhaps he will admit before the interview is over that he smokes from twenty to forty cigarettes a day, and yet he attributes his nervous breakdown to overwork or worry over financial matters.

He learns with some sense of disappointment that he will not be permitted to smoke while at the Sanitarium, and finds himself put on a strict antitoxic diet. The absence of tea, coffee, pepper, mustard and other stimulating foods of similar nature soon diminishes the de-

(Continued on page 3)

"There is nothing that worries a man so much, nothing that will make him so wretched, so depressed, and which tends so much toward malice, envy and jealousy, as a bad stomach and indigestion. I have known many a man who became a perfect fiend when his stomach was out of order. In fact, I suspect that the great theologian Calvin was guilty of sending a fellow mortal to the stake—Servetus—because his stomach seemed to be out of order just then. He put it down in his diary at that time that he was suffering horrors of purgatory with his stomach, and of course Servetus had to burn at the stake; and so many a poor fellow has had to be sent to the gallows because a judge had a fit of indigestion.

"The simple life comprises pure food first of all, pure air, and a pure mind. Of course pure water is also necessary, and exercise, and proper attention to cleanliness, and various other factors which pertain to a healthy life, but really the great essentials are those mentioned—pure food, pure air and a pure mind.

"We shall consider on this occasion a few

ENDURANCE AND DIET

(Continued from Page 1)

reasons why pure food is so essential, why it is absolutely impossible for a man to be healthy without living on a simple and natural and healthful dietary. I began telling you the other evening about some tests which have been made by Professor Fisher of Yale, and I wish to finish the account. But first of all I must tell you the result of a study made a few years ago of some of the workers here—125 men and 140 women. We made a careful dietary study of them to find out how much food was actually eaten by each one, and to determine how much of each class of food was present in the dietary. I found the amount of protein was 84 grams, that is, about three ounces; fats, about 36 grams, about an ounce and a half; carbohydrates, 453 grams, about a pound. The total was 577 grams, which is 2,400 calories for the women, and 2,500 for the men. Now I believe the majority of our helpers eat too much—almost everybody eats too much. A man down in Chicago some years ago figured up that he had eaten 84 wagon-loads more than he ought to have eaten in the course of his lifetime. I do not say our people are eating so much as that, but still I think we are eating too much, and in this test there was a gain in efficiency. The weight at the beginning was 61 kilos. for the men and 54 for the women, and the men at the end had gained three-tenths of a kilo; that is, about two-thirds of a pound. The women attained the very same weight, so that we are not suffering at all because of lack of food. The amount eaten was considerably less than that eaten by average people at work.

"A study was also made a short time ago of the blood of our workers, 100 workers—forty men and sixty women. The average quality of the blood was found to be 97 per cent. In many it was a little above that, but some happened to be a little anemic and fell below 96.3, which is practically normal. In New York City the average is 85 per cent. (The effect of city life is to depreciate the blood very gradually.) The red cells were 4,290,000; the white cells were 105,000. The color index was 101 and 102, just a little above par. The blood pressure was 112 for men, and 100 for women. The pulse was 75 in both cases, so these persons were found to be normal so far as their blood was concerned. A close examination of the urine showed an enormous economy in kidney work.

"When Professor Fisher came here to Battle Creek he said, 'Now I never saw people working so hard. I thought I was working hard at home, but here I see your doctors sitting all day long in their places here, working so much harder than it is possible for me to work. There must be something in your diet, and I want to make an endurance test.' I asked him, 'How are you going to do it?' and he answered, 'I shall ask your doctors and nurses here to submit themselves to some severe tests of endurance. Then I am going back to Yale, where I shall gather out some of our best athletes and submit them to the very same tests.'

"That would not be fair," I replied. "Our doctors and nurses are not athletes, and a man's endurance must depend very largely upon his muscular power and training, as well as upon his diet, and I fear the advantage of training will more than overbalance the advantage of a non-flesh diet. I hardly think that would be a fair test." "Well," he said, "if it comes out on your side it will be so much the better." "All right," I replied, "go ahead, but I do not feel at all sanguine about the results."

"He went ahead with the experiments, which consisted of three tests. First, having a man lie down upon the back and raise his legs to the perpendicular as many times as he could. The second test was holding the arms out straight

until he could not hold them out any longer. And the third test was the deep knee bending,—lowering the body until the knees almost touched the floor, and repeating it until he could not rise again.

"Now let me tell you of some of the results obtained here on the low protein subjects, by which I mean Battle Creek Sanitarium doctors and nurses. I think he tested every doctor in the institution except myself, and I had sprained my arm, and therefore did not try it. Forty-nine minutes was the average for holding the arms out straight. The average for the fifteen athletes at Yale was ten minutes. In the case of some of these strong Yale men, after holding their arms out five minutes, their arms began to shake and tremble and fall. The average for the whole fifteen was only 20 per cent as much as the average of the Sanitarium men, who were not athletes at all, but doctors and nurses.

"Of the low-protein subjects, which means our Sanitarium doctors and nurses, the maximum was 200 minutes—three hours and twenty minutes, with the arms held straight out without wavering, held absolutely horizontal for three hours and twenty minutes; and the man who did it told me he could have gone on for an hour longer as well as not, that he did not stop because he was forced to stop, but because he was so far in advance of any of the others that he thought he had done enough. Professor Fisher watched him all the time, and he told me he was very sure that he could have gone on longer. The maximum of the high protein subjects, or the Yale athletes, attained by a trained wrestler with tremendous arms and muscles, the strongest of them all, was twenty-two minutes, only one-tenth as much. Our man, who was not an athlete at all, but was fifty years old, held out his arms eleven times as long as the strongest man at Yale, the best athlete they had.

"The number of low-protein subjects who exceeded fifteen minutes was 22, or 69 per cent of the whole. The number of Sanitarium men who exceeded twenty minutes was fifteen, almost half of the whole. The number of Yale men who exceeded twenty minutes was only one. There were nine Sanitarium men who exceeded one hour. Of the low protein subjects of the Sanitarium, one exceeded three hours, holding his arms out two hundred minutes.

"The total work done by the fifteen low-protein subjects, these Sanitarium men, was 1,336 minutes, while the total minutes of the fifteen athletes, the same number, was 150 minutes. Now these figures tell something. They show that the men who did not eat meat have clean muscles, and more nerve and muscular endurance. When a man says, 'I am a hard-working man; I use my muscles a great deal, and indulge in hard work, so must have strong food. I must have beefsteak—I cannot work without beefsteak,' we show him this little report and ask him what he thinks about it. Is there any kind of work you have to do that is harder than holding your arms out for three hours without resting a minute?

"In the deep knee bending exploit, which was a very severe test—to bend the knees straight down to the heels and straight up again, once in two seconds, or thirty times a minute, continuously as long as possible—the Sanitarium men averaged 833, the Yale men 384, or 46 per cent—less than half of the Sanitarium men. The Yale men were very plucky. They said, 'We must go ahead of these Sanitarium men. Why, we are athletes, and they are only doctors and nurses. They are all sedentary men and we certainly can equal their record.' And so they did their very best. One man, who did the best, got up to 325. One of these men fell over on the floor and had to be carried downstairs. He was a sprinter, too—a professional

sprinter and runner, with tremendous legs, but he had not the endurance. He could make a great run for three or four minutes, but he could not keep it up, because his body was filled with poisons, depressing poisons of dead flesh.

"When a man is using his muscles he is using flesh, and the muscle is being used up and wearing out by his work. But if a man has been making his dinner off the flesh of another animal, off the muscles of dead cows, his body is already filled with dead muscles, his blood is already saturated with them. The point of tolerance is easily reached, so he cannot go any further. He gets tired quickly; the poisons accumulate to the point of tolerance quickly.

"Of the low protein subjects, or Sanitarium men, who reached to one thousand, there were six, and of the Yale men none at all. Nine of the Sanitarium men made this exercise 12,335 times; nine of the high protein, of the Yale men, made the amount 3,447 times, or 28 per cent. Thus the total of work done by the Yale men and by the nine Sanitarium men was in the relation of four to one. This tells the story. It proves without question that endurance, physical endurance and nerve endurance, is largely increased by a non-flesh or similar dietary.

"The effects of a non-flesh dietary upon the blood in chronic invalids are revealed by the blood tests of patients coming here, amounting to more than 30,000. These tests showed an average in a thousand cases, taken right along as they come, of 3,885,200 for the blood count. That is when they arrive. The average when our patients go away, the last test that is made, is much better than this. In the last test the average was 4,359,340—a gain of 12 per cent, or about half a million. Now the hemoglobin, or blood-coloring matter, on arrival was 73 per cent, and on going away it was 88 per cent, a gain of 15 per cent. The hemoglobin in thirty thousand cases of anemia was 47 per cent on arriving, and 67 per cent when the second test was made, or a gain of 20 per cent. This shows that meat is not necessary for blood building. It is not necessary for endurance, it is not necessary for blood building, because meat just the same as all other kinds of foods must be reduced down to the ultimate particles, the ultimate elements—not the chemical elements, but the ultimate organic elements—before it can be organized into human blood or human tissue. So we might just as well have the proteins of vegetables as the proteins of animals. There is no advantage in having the proteins of animals, but there is a disadvantage in that the meat decays in the intestines, produces poisons which destroy the blood, and hinders the blood-building processes."

SUCCESSFUL BAZAAR FOR BETHESDA HOME

(Continued from page 1)

salads, soups, dishes for the invalid, etc. At still another table the latest contrivances for the kitchen were on sale—new-fashioned egg-beaters, colanders, hot pan-lifters and the like. All the articles found a ready sale and the proceeds represent a welcome sum to the managers of the home, which is one of the most worthy institutions of the city, where unfortunate young women in their extremity may be tenderly cared for and brought under wholesome and uplifting influences.

Dr. and Mrs. Leake, who superintend the home, were present during the afternoon, and with them several of the little babes, who in themselves made a mute appeal to the pocket-books of the visitors.

CIGARETTE INVALIDS

(Continued from page 1)

sire for the cigarette, while the eliminating treatments rid the body of the poisons that have been causing the nervousness, depression and stomach troubles. Sometimes within six weeks a man who is given to excessive cigarette smoking will leave the Sanitarium entirely cured of the habit and with his system well started on the road to complete regeneration. Occasionally it takes much longer, much depending upon the co-operation the physician receives from the patient. At times the will-power has been so weakened by long use of the weed that the habit can not be broken off at once.

"We had a case here not long ago," said one of the leading nerve specialists at the institution, "in which a young man of 28 confessed to having smoked from fifty to seventy-five cigarettes a day. This had weakened his will-power so that he began taking morphine to 'brace him up.' He had reached 30 grains a day. Then he added cocaine—15 grains, and on top of these he began taking whisky. This we find to be frequently the case: the cigarette is but the first link in a long chain of enslaving habits until the poor victim becomes a wreck and cannot assert enough will-power to help himself.

"We had a young southerner here not long ago, a young man of 25, who had been smoking between fifty and seventy-five cigarettes a day. He came to us a nervous wreck. His heart was irregular, his pulse instead of being 72 (normal) was 110, he had severe headaches, a sense of nervousness and heaviness in the region of the stomach, had lost flesh, could not sleep and was very badly depressed mentally. He went away cured, but he had to give up his cigarettes to accomplish it. It is not alone the young men who are slaves to this habit, for men of 40 and even 50 after having smoked for many years suddenly break down and come to us for repairs. A man of this type, aged 40, came to us this year. He said he had been using tobacco since he was 14 years of age. His symptoms were: general nervousness, easily excited, easily exhausted from either physical or mental work, irritability, depression, loss of memory, lack of confidence in himself, insomnia, catarrh of the throat and heartburn. All of these symptoms were undoubtedly due to his continuous smoking—hardly an organ but what was affected by the poisons which he had been inhaling for years. It has taken months to get his body accustomed to the simple life, but he is now practically cured of the desire for tobacco and is rid of nearly all his troublesome symptoms."

Another case which was treated at the Sanitarium the past summer was that of a woman of 28, who had learned to smoke cigarettes from her husband. From cigarettes she went to morphine, cocaine, and liquors until in a state of utter intoxication and still under the influence of drugs she was brought here to be treated and cured, if possible, of her loathsome habits, her family having ceased to hope for any change in her through appeal to her pride or womanhood. She had reached a state of depravity that was pitiful, being profane and absolutely shameless, calling loudly for her cigarettes hour after hour. All drugs were taken from her and her nerves quieted with hyriatic treatments, and soon through the effects of both treatment and diet she grew much better and when she left professed that she no longer craved any stimulants.

It is a well-known fact that cigarette smokers are unfitted for the most difficult and painstaking work. Luther Burbank will not employ smokers to work about his gardens, for the reason that they have neither the patience nor

the deftness of the fingers required for the work.

The cigarette affects the nervous system, acting as an excitant and irritant when first taken, but after the smoker has become accustomed to the poison it has a well-known sedative effect by virtue of its specific action on the nervous system. Like any other drug it acts on a given tissue and tends to a degeneracy of that tissue when used for a long period of time. It is the opinion of many prominent alienists that many cases of insanity are directly traceable to the cigarette habit.

Recent experiments go to show conclusively that its influence on the system is greatly to reduce the opsonic index—the measure of the resistance of the body against disease. There are on record innumerable cases of blood poisoning, development of consumption and other infectious diseases as the result of the use of the cigarette.

It is also claimed on good authority and careful observation that both the total strength and the endurance of muscular exertion are decidedly reduced by effects of the cigarette. They are also responsible for many cases of digestive disturbance—which are quickly cured when the tobacco is cut off. This effect may be partly due to the effect of tobacco poisons on the nervous system that controls the digestive apparatus, but it is also thought that the tainting of saliva and the digestive juices with tobacco interferes with the action of the digestive ferments on the food. This is held to be especially true of saliva, as it is considerably depleted by the use of tobacco and becomes thinner and less efficient in its action upon the starch.

OYSTER HARBINGER OF DEATH AND DISEASE

The Tid-bit That Thrives on Filth and Lives in Cesspools

"THERE can be no question—facts have abundantly proved it—that the oyster is a wholesale harbinger of death and disease, no more fit to feed an invalid—particularly in a raw state—than a rattlesnake," says Wilton H. Browne in the December *Good Health*. "The oyster is naturally a scavenger. Every one who is acquainted with the genealogy of this remarkable and popular tid-bit knows that its business is to suck up filth.

"The small creeks and rivers about such a place as New York, where many of these beds exist which furnish the oysters of commerce, are really little more than the sewers of this great metropolis and surrounding cities—sewers which are pouring into the harbor an average of over half a billion gallons of corruption every day of the year.

"New York health authorities report that the New York harbor is a veritable cesspool. Investigation has shown that the bottom of the harbor is carpeted with a layer of deposited filth several feet deep. A single thimbleful of this ooze was analyzed and found to contain no less than twenty-five million germs of one kind alone—the dreaded colon bacillus, harbinger of typhoid.

"Oysters feed on corruption. They are natural scavengers. And even if the conditions surrounding a few of the oyster beds are materially improved, there are doubtless many oyster beds in other places where the conditions, though perhaps not so noticeable, are relatively just as bad as those surrounding New York. There is only one true remedy—that is, stop eating oysters.

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"There is no way to dodge the issue. Either you eat the oyster with its ever-present burden of filth, or you do not. Take the oyster raw and you have him in his natural state, the germs inside all alive and ready to do business. Take an oyster stew and you have him only in a different environment. The mischief-working germs are still there, how much cooked the steward only knows. Take your oyster scalloped and you have the same thing—with frills. Take an oyster cocktail and you still have the same—disease with a touch of the devil added to it."

HEALTH UNIVERSITY BEGINS NEW WORK

Correspondence Courses Are Offered the Public with Valuable Library of Health Literature in Addition

THE new correspondence courses of the Battle Creek University of Health are meeting with a reception that is gratifying to the promoters. Several hundred members have already been enrolled and the prospects are bright for an enrollment of 1,000 charter members before the first of the year.

The course of lessons is intended to represent a comprehensive epitome of the health philosophy which has been developed within the last thirty years at the Battle Creek Sanitarium. This system differs from many others in that it is not a mere cult, nor the outgrowth of a hobby, but a great, comprehensive, scientific expression of the most up-to-date and authoritative teachings in all that pertains to the physical side of human welfare.

Five courses are now ready and a sixth—on the Causes and Prevention of Tuberculosis—is now in preparation, in response to the great demand for such information that is sweeping over the country. The courses now ready are as follows: Food and Diet, Health Exercises, Beauty Culture, Hygiene of Infancy, Home Nursing. Each course contains six lessons. The price of each course is \$5. After a person has taken two courses at \$5 each, additional courses will be supplied at \$3 each. On the payment of \$12, the student is given, in addition to two courses, the new two-volume edition of Dr. Kellogg's "The Home Book of Modern Medicine;" an atlas of Human Anatomy, comprising twenty-four full-page color plates; a year's subscription each to the *Good Health Magazine* and the weekly *BATTLE CREEK IDEA*. Remittances may be sent by draft, post-office or express or money order, to The Battle Creek University of Health, F. M. Kellogg, Secretary, Battle Creek.

"Use laughter as a table sauce; it sets the organs to dancing, and thus stimulates the digestive processes."

THE BATTLE CREEK IDEA

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BATTLE CREEK, MICH.

SUBSCRIPTION RATES

One Year	\$1.00
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Three Months	.25
Per Copy	.02

VOL. II DECEMBER 17, 1908 No. 2

A NATION OF CANDY EATERS

We have grown to be a nation of candy eaters. The statistics of the confectioners and bakers of the country show the wholesale output of candy for this past year to be \$100,000,000. There are about 1,500 factories engaged in the manufacture of candy, and they have turned out during 1908 approximately 667,000,000 pounds, nearly eight and one-half pounds per capita.

At this season of the year one is constantly confronted by articles in papers and magazines anent the nutritive value of candy. Mothers are urged to feed it to their children, the advice being frequently backed by the assertion that "pure candy is a food and absolutely harmless." Many a careful mother is misled by this, and as a result has to sit up at night nursing a feverish child who is paying for his indulgence with an attack of indigestion. Every physician has met with many cases of grave stomach disorder of which the chief cause was the free use of cane sugar, either in the form of candy or in connection with the use of coffee, oatmeal or other breakfast foods. The fact that cane-sugar has a high nutritive value has led many physicians to prescribe it freely even for invalids and children; but the nutritive value of an article is not a true measure of its value as a food. Its digestibility and its effects upon the digestive organs and other tissues of the body must also be taken into account. Cane-sugar is probably responsible for more sickness and more deaths than any other one article of food except flesh meats.

Perhaps a discussion of the varieties of sugars would be pertinent at this time. The chemist is acquainted with many sugars. The following are the principal ones of interest from a dietetic standpoint:—

1. *Cane-sugar*, the ordinary sugar of commerce.
2. *Milk-sugar*, found in milk.
3. *Fruit-sugar* (levulose), the sugar of fruits and flowers. Honey consists of fruit-sugar mixed with various flavoring substances.
4. *Grape-sugar* (dextrose), the sugar of grapes, also found with levulose in all fruits.
5. *Maltose*, a sugar produced in plants and animals by the digestion of starch.

Cane-sugar, maltose, and milk-sugar are identical in chemical composition, but in other characteristics they differ very much. Cane-sugar is easily crystallizable, very soluble, and very sweet. Milk-sugar has very little sweetness, and is much less soluble than cane-sugar.

Maltose is not so sweet as cane-sugar, but much sweeter than milk-sugar.

Sugars differ greatly in their relations to nutrition and digestion. Cane-sugar and milk-sugar require digestion to prepare them for absorption and use in the body. If absorbed or injected into the blood, they cannot be used, but are removed as foreign materials from the body through the kidneys. The digestion of cane-sugar, milk-sugar and malt-sugar takes place in the small intestine, and is the result of the action of special digestive or inverting ferments. Cane-sugar and malt-sugar are converted into the sugars found in fruits.

Maltose, or malt-sugar, formed from the digestion of starch, is always promptly digestible in the intestine, and has the further advantage that such portions as may happen to be absorbed without digestion, may undergo digestion in the blood, which is not true of any other sugar.

Cows, sheep, goats, and other animals that live largely on grass have in one of their four stomachs a special ferment for the digestion of cane-sugar. No such provision is made in the human digestive apparatus. In fact, cane-sugar is found almost exclusively in the roots, stems and leaves of plants, and hence is especially adapted to herbivorous animals, whose complex stomachs digest it readily. It might be called a crude or "vegetable-sugar" in contrast with "fruit-sugar," the finer, finished product.

Milk-sugar is easily digested by infants, whose digestive organs produce a large quantity of lactase, the ferment which digests milk-sugar. After the age of two years, however, this ferment is greatly diminished in quantity, so that milk-sugar is less well digested by adults than by infants. The milk-sugar of commerce contains great numbers of bacteria, and should never be used without being well sterilized by boiling.

Fruit-sugar requires no digestion, being ready for immediate absorption and assimilation.

As might be suspected from its origin, cane-sugar is not naturally adapted to the human stomach. When introduced into the stomach in concentrated solution, the effect of cane-sugar is that of an irritant, the same as when applied to a raw surface.

Commercial cane-sugar is not, then, a natural food, though in small amounts it may be eaten and assimilated. There is a natural appetite for sweets which it must be proper to gratify within reasonable limits; but that cane-sugar is not the form of sweet best adapted to human use is clearly indicated by the fact that it is an artificial product, and that it is derived from sources which are not naturally adapted to human use as food, but are the natural food of herbivorous animals.

The extensive use of candies, preserves, sweets of various sorts, as well as the free use of cane-sugar with cereals, in coffee, tea, and in other ways, may be justly held to be one cause of the indigestion which prevails throughout the civilized world.

"HAPPINESS only comes by the pint measure. That's why some folks prefer misery by the bushel."

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QUESTION BOX DEPARTMENT

EACH Monday evening, Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. How do you make apple juice without fermenting it?

A. The apples are washed, ground, put into a press and the juice is pressed out in the shortest possible time. Then the juice is carefully filtered, and heated at a temperature of about 165° for fifteen or twenty minutes in closed vessels.

Q. What is hypopepsia?

A. Too little acid in the stomach.

Q. What is the cause of shortness of breath, especially after a little exertion, running or excitement? Can it be prevented?

A. It means congestion of the lungs and weak heart generally. It may be an anemic condition of the blood.

Q. Is bathing the feet in hot water morning and evening for five or ten minutes beneficial?

A. Yes, especially if you have a red nose or have pimples on the face.

Q. What is the cause and significance of floating specks or bodies before the eyes, seen at irregular intervals, especially early in the morning?

A. It generally means little particles have gotten loose from the wall of the eye, the result of mucous conjunctivitis or irritation of the lids. One should not rub the eye on that account.

Q. Can the use of beef or chicken only once a week cause autointoxication or other troubles?

A. Just enough to keep the alimentary canal inoculated with these germs. You labor all the week to get rid of them, and then inoculate yourself once a week to keep the thing going.

Q. Should people of weak digestion combine acid fruits or sauce with vegetables such as potatoes, turnips, peas, etc?

A. I think it makes no difference if you are careful to chew all food so thoroughly that it is reduced to a liquid state before it is swallowed. All foods agree in a liquid state, but if they are imperfectly masticated some of the foods ferment quickly. Vegetables digest slowly, and so would be retained in the stomach a long time, and some portion of fruit or fruit juices being retained ferments and makes mischief; but if both fruits and vegetables are reduced to liquid in the mouth, they will pass out of the stomach in an hour or two, and there will be no trouble.

Q. Would one be apt to stretch or hurt the muscles in taking swimming lessons?

A. No, one is not likely to strain the muscles in taking swimming lessons, because the body is not strained. The weight is partially supported in the water. I have often had patients carried from their beds down to the swimming pool, put into the water and floats put around them so that they could not sink. I have taught them to swim before they learned to walk, when they thought they could not walk. It worked very well because the strain was taken off the limbs.

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Q. What should one do when everything he eats ferments and causes heartburn several hours after eating?

A. He must get his diet corrected, and adapted to his case. Toasted wheat flakes, zwieback, breakfast toast with plenty of good, rich cream, or butter, will be the best diet for this patient. Yogurt can be used in many cases, but not in all. A diet of cereals and yogurt, or of cream and butter will make the best diet until this acidity is subdued. Be careful not to eat too much, and chew very thoroughly.

Q. What causes a sore mouth, and what is the best method of treating it?

A. Sore mouth is always due to germs. If the soreness is in the back of the throat, then it is due to germs, to lowered vital resistance, which permits the germs that are always present in the mouth to get a foothold and grow in the spot, and produce a little necrosis, and later misery. What is necessary is right diet, to cure the intestinal autointoxication which accompanies this condition; then to use antiseptics for the mouth. An application of a solution of silver nitrate to the sore spot is a very good remedy. It kills the germs and protects the affected parts.

THE THANKFUL HEART

DULL moods are ours when low and dim

About us clings the brooding mist;

No heart have we for lifted hymn,

No eye for hills of amethyst,

No feeling of the dear blue sky

And steadfast stars that burn above—

Dull moods, when coward fears draw nigh

And clutch the tender arm of love.

But these are as the passing cloud

Against the splendor of the sun,

So thick our Father's mercies crowd,

So swift to us his angels run.

His table in the wilderness

Before our foes is daily spread,

And in our time of sore distress

We still have Christ, the Living Bread.

Bright mornings wake with lilt of lark

And light that flushes all the way,

Sweet evenings pale to sheltering dark,

For heaven has watched us all the day.

And rough or smooth, the pilgrim land

Is safe for us who walk this road;

Aye, grasping firm the Father's hand,

And, thankful, faring home with God.

—Margaret E. Sangster.

UNCOOKED FOOD FOR INFANTS

THE pasteurizing of milk for infants is a most valuable means of protection from tubercular and other infections, but it is important that every mother and nurse should know that infants fed on pasteurized or sterilized milk must be fed some sort of uncooked food daily. Orange is perhaps best of all for this purpose. The juice of one orange is about the right amount to be taken. The fresh juice of apples and other sweet fruits may be used if more convenient.—Good Health.

"God comes to us in trial and sorrow and we fail to recognize him till after he has passed by."

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Picture Frames, etc., etc., etc.

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can not help but be pleased.

The CLIFFORD J. THAYER CO.

6 East Main Street

CHRISTMAS TREAT

(Continued from Page 1)

safely at the close of the entertainment. There will be a huge tree ablaze with lights and tinsel ornaments, and booths will be arranged about the gym where the distribution of gifts can best be made without confusion. Following the Christmas tree entertainment the little guests will be escorted to the south dining room, where luncheon will be served and bags of candy, popcorn, nuts and fruit will be distributed. Those who remember the Christmas entertainment of last year, where about one hundred and fifty little waifs filed in, eager-eyed and bubbling over with joy, will anticipate witnessing the sight again.

Dr. Vandervoort will head the committee on decoration of both gym and dining-room. Miss Cooper and Miss Aldrich will comprise the committee on refreshments. The distribution of gifts in the afternoon, for the children, will be under the superintendence of Miss Thompson and Miss MacKeracher, and in the evening Mr. Wentworth and Miss Carrie Zahn will have charge of the distribution. All patients and helpers desiring to place their gifts on the tree are privileged to do so. The committee on entertainment includes Mrs. Foy, Dr. Hudson, Miss Zahn and Dr. J. F. Morse. Detailed plans will be made by the several committees this week.

PERSONALS

George F. McKnight, of Chicago, is paying a visit here this week.

Miss Frances Mitchell, of New Albany, Miss., is a newly arrived guest.

Miss F. J. McFarland, of Kingston, Pa., is a guest at the Sanitarium.

Mrs. M. H. Smith, of Three Rivers, Mich., is a newly arrived patient.

Mr. Samuel M. Fargo, of Detroit, is a newly arrived guest at the institution.

Atty. F. B. Dwyer, of Detroit, is a newly arrived guest at the institution.

Mrs. Curtis Bynum, of Appleton, Wis., is paying a short visit to the institution.

Mr. H. C. Ward, of Pontiac, Mich., has come to the Sanitarium for rest and treatment.

Mrs. W. D. Lummis and daughter, Miss Jessie, of Toronto, Can., are paying a visit here.

Atty. C. I. Mitchell, of Stigler, Okla., and Miss Fanny Stigler are guests at the Sanitarium.

Dr. Florence Manion, of Portland, Ore., paid a brief visit to the Sanitarium on Monday, en route east.

Mrs. J. W. Curfman, of Urbana, Ill., has arrived at the institution, and will remain for treatments.

Atty. H. C. Curtis, of Le Mars, Ia., accompanied by his niece, Miss Ethel Curtis, is among this week's arrivals.

Mr. C. W. Sutton, of Hillsboro, N. D., arrived this week to join Mrs. Sutton, who will remain here for the winter.

Miss Margaret Wintersmith will leave for her home in Louisville Saturday, after a stay of several weeks at the Sanitarium.

The Rev. W. F. Mathewson, of Japan, a returned missionary, is spending a few weeks at the Sanitarium, recuperating.

Pastor J. A. Brunson returned this week from his home in South Carolina, where he has been visiting the past three weeks.

Mrs. J. B. Crail, of Washington, Ia., accompanied by her son, Philip J. Crail, has come to the Sanitarium for rest and treatment.

Mrs. V. A. Powell, of Pittsburg, is a recently arrived patient. Mr. Powell accompanied her, returning the following day to Pittsburg.

Dr. Sophie B. Schell, M. D., of New York City, spent a few days here this week, viewing the institution and visiting with Mrs. Peck, her former patient.

Mrs. William Bell Latta left the latter part of the week for her father's home in Leavenworth, Kan., where she will spend the holidays. She is much improved in health after a stay of several months at the Sanitarium.

Mr. William Lindsay and daughter, Miss Glen Lindsay, spent a few days here the past week on their way east, where Miss Glen will be placed in school. Mr. Lindsay and family spent some months here a few years ago, and stopped off to renew old acquaintances.

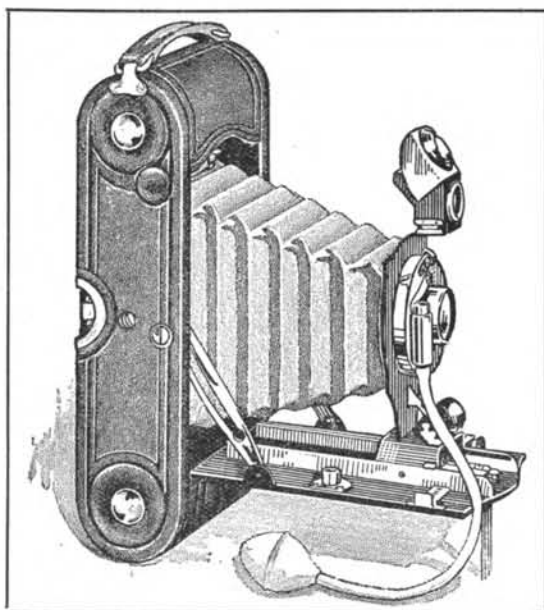
The Rev. M. C. Wilcox, of China, who is engaged in translating text-books into the Chinese language for use in colleges and academies there, paid a short visit to the institution this week, occupying the pulpit in chapel Sabbath morning and addressing the students of the Medical College on Friday evening.

"LAUGHTER and good cheer make love of life, a sure cure for the 'blues,' melancholy, and worry."

Head the Christmas List with a Kodak



For every one likes pictures of the persons and things that he is interested in. And anybody can make good pictures with a Kodak.



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PALM GARDEN PHARMACY, - Sanitarium

News Notes

The American Medical Missionary College closes Dec. 24 for the holiday vacation, extending until January 4.

Freshmen students of the A. M. M. C. have finished their work in Histology and begun their Qualitative Chemistry.

W. S. Farlow, of Buffalo, paid a visit to his grandparents, Mr. and Mrs. L. McCoy, this week, returning home Monday.

The annual meeting of the American Medical College corporation will be held in Chicago, Dec. 31, at 888 Thirty-fifth Place.

The lady physicians of the Sanitarium gave a birthday surprise for Dr. Laura B. Stoner Tuesday night in her room, Ladies' Annex.

Miss Linnie Belden has returned from a five weeks' visit with her cousin, Prof. Salisbury, in Washington, D. C. She has returned to her work in the Record office.

The Scandinavian club gave a surprise party for Mr. Pihe on Thursday evening in West Hall parlor. Thirty-three members were present and an informal program of music and addresses was given.

The annual meeting of the Sanitarium and Benevolent Association will be held in the Sanitarium chapel on Dec. 31, at which time the trustees will be elected and other matters of business transacted.

A surprise white shower was given Miss Mary Hunter, of the Nurses' department, Monday night by Dr. Jean Whitney Morse, at her home, Manchester street. The guests numbered twenty of Miss Hunter's friends and associates.

Mrs. S. J. Wentworth, Mrs. M. W. Wentworth and two children left Thursday for De Land, Fla., where they will spend the winter. They will join old friends there, visiting, early in their stay, with the family of Elder Morse.

Miss Olive Hunsaker will spend the holiday season with relatives in Cincinnati, O.

An interesting meeting of the Literary Society was held Monday night in South Hall parlor. A debate on the following question, "Resolved, That Calhoun county should vote for local option," was the chief feature of the program. The affirmative was supported by Miss Thompson and Mr. Emmons, and the negative by Prof. Nicola and Mr. Griffin. The judges awarded the decision to the affirmative side.

The Battle Creek Nurses' Alumni association held its final meeting of the year in West Hall parlor Monday night, at which time the following officers were elected: President, Mrs. F. A. Tyrell; vice-president, Miss Leona Treat; secretary, Miss Carrie Zahn; assistant secretary, Mrs. F. M. Baker; treasurer, Miss Margaret Stewart. The bill providing for the State registration of nurses was read and discussed, but no action taken.

Several of the nurses will be granted a holiday vacation, which they will spend with friends or relatives outside the city. Miss Grace Staniger will go to Mt. Carmel, Ill.; Miss Nina Smith to Brookton, Wis.; Miss Sadie Carahoff to Chicago; Miss McCracken to Shelbyville, Ill.; Miss Grace Harris to Chicago; Mrs. B. L. Saunders to Louisville; Miss Naomi Bobier



GET BUSY ONLY A SHORT TIME TILL CHRISTMAS

Our fancy fur trimmed Slippers can't be beat in price and quality. Every-thing in Footwear. :: :: ::

RIGGS & ALDERDYCE

217 West Main Street. Opposite McCamly Park.

and Miss Hale to Canada; Miss Matilda Galsie to Buffalo, and Miss Annie Smith to Elmira, N. Y. John E. Granger will also leave the city for the holidays, spending the vacation at his home.

A successful temperance rally was held in West Hall parlor Saturday night, under the auspices of the newly organized Young Woman's branch. Music interspersed the program, which included a paper on "The Effect of Alcohol on Heredity," by Dr. Louie Vandervoort, an address on "Why Young Folks Need the Temperance Union," by Mrs. Minnie Emmons, and another on "Why the Union Needs the Young Folks," by Miss Ruby Ketcham. The officers of the new union are: President, Dr. G. Snow; vice-president, Miss Junette Bryant; secretary, Miss Ketcham; treasurer, Miss Elizabeth Turkleson. The union will hold monthly meetings at which interesting and instructive programs will be given.

NEW NEIGHBORHOOD SETTLEMENT

A neighborhood settlement is to be started in the vicinity of Washington Heights. Messrs. R. O. Eastman and Harry Hood are sponsors for the movement, which it is felt will meet a pronounced need in the neighborhood, which is somewhat isolated from the town and includes over one hundred families. An eight-room house has been rented and arrangements are being made for such simple furnishings as will be necessary, including stoves, tables, chairs, etc. A reading room will be established at once where all the up-to-date periodicals may be found. This will be open afternoons and evenings and will undoubtedly be the means of affording a great deal of pleasure to both old and young. Clubs are to be formed for boys and girls, and a mothers' club is also planned. A woman will be placed in charge of the day nursery, where small children may be left by their mothers when they wish to go to the city, and it is possible that a kindergarten may be an ultimate outgrowth of this phase of the work.

The movement is in keeping with the spirit of the times and is deserving of success and the co-operation of those who will be benefited by it.

DANGER IN CHEAP CANDY

MRS. FLORENCE KELLEY, Secretary of the Consumers' League, has warned members of fashionable clubs in New York against indiscriminate giving of donations of money to societies arranging Christmas parties for poor children, for the reason that charitable organizations and even settlements, which ought to know better, purchase candy of the cheapest kind for these Christmas entertainments. Mrs. Kelley described how in making these poor qualities of sweets, even the floor sweepings were added to the kettle for economy's sake. The men working in these kitchens frequently spat upon the floor, she said, and the girls would throw their "chewed out" gum on the floor.

"If the Christmas for the children of the poor must be on the stomach-level, please do not feed them candy of the cannon-ball and grape-shot variety," said Mrs. Kelley.

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Will Receive Great Care
at our Washery

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Sanitarium Laundry

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When you buy here you buy satisfaction

Holiday Gifts Practical, Artistic, Exclusive

Visitors are cordially invited to inspect our beautiful displays

MAYO BROTHERS, - 35 Jefferson Avenue, North, Ward Building
Battle Creek, Michigan

ARRIVALS

The list of arrivals for the week ending Dec. 14 is as follows: W. H. Smith and wife, Mich.; Mrs. Ora H. Porter, Iowa; Mrs. J. W. Curfman, Ill.; J. M. Driver, Ill.; Samuel M. Fargo, Ill.; John A. Muir, Pa.; F. S. Parsons, Mich.; Miss Fanny Luger, Mich.; George A. Gerenan, N. Y.; Mrs. Chet Prowty, N. Y.; Mrs. O. Caldwellader, N. Y.; F. P. Drover, Mich.; William Lindsay, Mont.; Gwen Lindsay, Mont.; Charles T. Mitchell, Okla.; Miss Frances Mitchell, Miss; Miss Donnie Mitchell, Okla.; C. H. Dinkelbehr, O.; William E. Goff, city; Miss J. F. Macfarlane, Pa.; Henry Kane, Mich.; H. A. Jones, W. Va.; J. M. Richardson, Mich.; F. C. Monroe, George F. McKnight, Ill.; S. W. Tanner, Ill.; Mrs. Curtis Bynum, Wis.; Mr. and Mrs. V. A. Powell, Pa.; Morris Frankel, N. Y.; Rev. W. F. Matthews, Mich.; C. W. Sutton, N. D.; M. C. Wilcox, Iowa; B. L. Babcock, city; Henry H. Stassen and son, Ill.; O. B. Potter, Ind.; L. Enger, Ill.; W. R. Crackel, Ind.; G. F. Herrick, Ill.; Mrs. J. B. Crail, Ia.; Philip Crail, Ia.; R. C. Staisle, city; J. B. Foot, Mich.; J. Moses, O.; H. C. Curtis, Iowa; Miss Ethel Curtis, Iowa; Miss Lucy Winthrop Chalmers, Ill.; Mrs. W. D. Lummis, Miss Jessie Lummis, Toronto; G. A. Emott, Ind.; Baxter M. Aslakson, Ohio; E. W. Dennis, Ill.; H. D. Curry, Ill.; John A. Brunson, S. C.; H. L. McClees, Ohio; Ursula D. Payne, Ill.; Charles E. Payne, Ill.; Thomas F. Payne, Ill.; A. M. Johnson, Wis.; Mrs. D. O. Johnson, Ill.; Walter Ransom and wife, Iowa; A. P. Henry, Mich.; Dr. Florence Manion, Ore.; Miss B. L. Babcock, city; W. F. Austin, Tenn.; Lewis McQuown, Ky.; A. M. Gould, Mich.; Mrs. George Burkhard, Mich.; D. Howe, Ky.; Mrs. F. B. Blackburn, Mo.; D. Edith Bullock, Mich.; Chase S. Osborne, Mich.; L. S. Brooke, Mich.; J. W. Thompson, Ill.; George Burkhard, Mich.; Mrs. H. W. Woodley, Mich.; Harvey Shoup, O.; Sophia B. Schul, M. D., N. Y.; M. Ilaab, Mich.

A WORKMAN TO THE GODS

ONCE Phidias stood, with hammer in his hand,
Carving Athene from the breathing stone,
Tracing with love the winding of a hair,
A single hair upon her head, whereon
A youth of Athens cried, "O Phidias,
Why do you dally on a hidden hair?
When she is lifted to the lofty front
Of the Parthenon, no human eye will see."
And Phidias thundered on him: "Silence, fool:
Men will not see, but the Immortals will!"
—Edwin Markham.

"IN living your life do not become so absorbed in the quality of the vase that you miss the perfume of the flower."

"We honor the man who serves most people and serves them best, not the man who makes most people serve him."

Domestic Science Department

RICE AND MINCED EGGS

$\frac{1}{2}$ cup rice.
3 cups water.
 $\frac{1}{2}$ teaspoonful salt.
 $\frac{1}{2}$ cup cream or milk.

Heat the water to boiling, add the rice, cook until tender, drain, and place one-half of the rice in the bottom of an oiled baking dish. Then add the egg yolks, which have been finely minced with a fork or by putting through a colander, and then the remaining one-half of the rice, pouring over all the cream to which has been added the salt.

Bake in a moderate oven twenty to thirty minutes.

COCOANUT CUSTARD

1 pint milk.
2 tablespoonfuls sugar.
2 eggs.
6 tablespoonfuls shredded cocoanut.

Steep the cocoanut in the milk; when heated strain; beat eggs lightly, add the sugar, then the heated milk, and strain into the custard cups, or the dishes in which you expect to serve it. Place in the oven in a pan filled half full of hot water and bake until set, or set into a steamer and steam until set. A soft custard may be made by this recipe by adding one-half cup milk and cooking in a double boiler, stirring meanwhile.

FLOATING ISLAND

$2\frac{1}{2}$ cups hot milk.
4 tablespoonfuls sugar.
4 tablespoonfuls pulverized sugar.
4 egg yolks.
4 whites.
Jelly.

Beat the egg yolks slightly, add the sugar to the hot milk, stir meanwhile, and continue stir-

ring while cooking. Strain and cook in a double boiler until the mixture becomes thick. Use the test for being done. Serve in individual glass dishes, or in one large glass dish. When cold, make a meringue on the top by beating the egg whites stiff and add the pulverized sugar. On top of this place small bits of jelly and serve at once. If an especially nice Floating Island is desired, whipped cream should be used instead of the meringue. In that case the jelly should be omitted.

"Some folks idea of happiness," said Uncle Eben, "is to hab so much money dat dey'd have to work fohteen hours a day foh de res' o' der lives to keep 'count of it."—*Washington Star*.

COLAX

Not a Drug Not a Food

The new scientific remedy for constipation—the most common of all human diseases, and the mother of a multitude of maladies.

Used and endorsed by the Battle Creek Sanitarium and by the most eminent physicians in this country and Europe.

All drugs and mineral waters increase the constipation and make worse diseases. Colax succeeds when drugs fail, and is as harmless as water, tasteless and odorless.

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Up Stairs = = One Block South of Sanitarium



Hosiery

In addition to our big stock of shoes, rubbers and slippers, we have added a line of Men's "Iron Weave" Hosiery, of New York. These are the same goods Uncle Sam buys for his soldiers, and they must be *right*. Every pair guaranteed to wear six months or a new pair given in exchange free. Put up six pairs in a box, \$1.50 per box. Ask for "Iron Weave" Hosiery.

L. A. DUDLEY COMPANY,

6 West Main Street

THE BATTLE CREEK IDEA

VOL. II, No. 3.

BATTLE CREEK, MICH., DECEMBER 24, 1908.

PRICE, 2 CENTS.

WHY MILK DOES NOT AGREE WITH ALL PERSONS

Dr. J. H. Kellogg in Sanitarium Lecture
Explains How it Produces
Autointoxication

DISAGREES WITH INFANTS ALSO

"If I should ask the question here in this room, 'How many people have found out by their own experience that milk is not good for them, that it produces a coated tongue, a bad taste in the mouth, and a little dull headache, perhaps inactive bowels or a bilious attack, or some other disturbance?'—if I should ask how many people here have found out by their own experience that milk produces unpleasant effects, I presume more than half the people in this room would raise their hands. That is the experience I have had, and I have asked the question a great many times to a roomful of sick people, and I have almost always found that result. Sometimes two-thirds of all the people would raise their hands.

"The fact of the matter is this: there are some people who suffer from casein dyspepsia, that is, inability to digest casein, which is the principal constituent of milk; and for such people milk is almost a poison. Some people cannot digest eggs. The majority of people do not give attention enough to this matter of eating; we do not stop to think that what we eat to-day is walking around and talking to-morrow, and if we do not eat the right sort of food it is likely that our walking and our talking may be more or less disturbed. It is certainly influenced by what we eat. I think the majority of people would rather follow the Bible injunction to eat what is set before you, asking no questions for conscience' sake or for any other reason—sit down and eat, then go right off and forget what you have eaten. I have asked many a man, 'What did you eat for breakfast?' and received the reply, 'Really, I don't remember what I did eat. I simply ate—well, let me see,—whatever was on the bill of fare.' I think the majority of people are so occupied with something else—reading the morning newspaper, or conversing about something, that they simply eat automatically and do not consider this question of eating.

"But we are coming to learn more and more that this matter of nutrition is the all-important question, the most vital of all questions of hygiene; because the foodstuffs that go into our bodies become ourselves. They are the material out of which our brains and nerves are made, and if it is not the right sort of material, if it is not taken in the right proportion, if we do not have things exactly adapted to our own particular necessities, there is likely to be something going wrong. If a man is making woolen goods he knows he has to give particular attention to the quality of the wool. So the cotton manufacturer studies cottons, and knows all about the different varieties of cottons. The iron manufacturer is just as particular about his iron. He gets his ores from certain places, combines different ores and different metals

(Continued on page 3)

Christmas Plans Now Completed

Children of the Poor as Well as Guests
Have Been Considered by Committee
in Charge

HANDSOME DECORATIONS

PLANS for a royal celebration of Christmas at the Sanitarium are now fully completed, and as we go to press the finishing touches are being put upon the beautiful decorations in lobby,



THE LOBBY IN HOLIDAY DRESS

parlors, gymnasium and dining-room. Southern smilax festoons the great pillars in the lobby and the main stair railing, masses of greens decorate corners and cornices, while a pyramidal decoration occupies the center of the lobby; composed of tall palms, and ferns, with quantities of scarlet poinsettia and Celestial pepper plants, the result is most effective. In the gym. quantities of evergreen have been used about the balcony rail, and the east end has been given the semblance of a forest, out from which Santa Claus will issue on Christmas eve, bearing his burden of toys for the poor children, who will be the guests in the afternoon, and for the guests and helpers of the institution in the evening. He will emerge from the forest and descend through the chimney of an improvised house, appearing under the great arch of the red brick fireplace. Accompanying him, instead of the time-honored reindeer, will be a band of up-to-date Teddy bears pulling a sled on which will rest a huge snowball. When

(Continued on page 5)

THE CHINESE THEORY AND PRACTICE OF MEDICINE

Dr. M. C. Wilcox Delivers Lecture on
Chinese Methods Before Students
of A. M. M. C.

WORK OF MEDICAL MISSIONARIES

"As ONE would naturally expect, the Chinese theory and practice of medicine is characterized by much that is utterly puerile and absurd. This is evident even in their Physiol-

ogy and Anatomy. They regard the heart as the king among the viscera and the home of the soul. The liver is the general of the army, also the seat of stratagems and counsel. The lungs have the honor of being the chief ministers of state. Righteous decisions and promptness are furnished by the gall-bladder, while the stomach is the royal granary which supplies the commissary department.

"To the Chinese the body is a microcosm that is ruled by their so-called five elements which in their opinion control the great Cosmos of heaven and earth and 'all that in them is.' These elements are metal, wood, water, fire and earth, so, you see, their chemistry is much simpler than ours. The Chinese classify diseases according to these five elements, which in conformity to their theory operate as follows: Metal produces water; water, wood; wood, fire; fire, metal; metal water again in a never-ending succession. So also metal destroys (or neutralizes) wood; wood, earth; earth, water; water, fire; and fire, metal. In

harmony with these operations, the Chinese teach that the kidneys are the mother of the heart; the heart, of the stomach and spleen; these two of the lungs; the lungs of the kidneys, and so on *ad infinitum*.

"These notions are at the basis of their system of physics, their medicine, their general cosmogony; their doctrine of the pulse—on which they lay great stress—and their doctrine of the 'twelve paths,' of which I will speak later.

"As long ago as 2500 B. C. Hsuen-yuen discovered the relations of the 'five viscera' to the 'five elements'—i. e., to metal, wood, water, fire and earth—and described what the Chinese call the 'internal' and the 'external' diseases. This ancient work on medicine—the original of which is forty-four centuries old—has been slightly revised once or twice; the last revision being made as recently as 1506, so, you see, it is only three hundred and two years old, in its present form, though, as a fact, it retains most of its ancient features, and adds to them the use of charms and magic—so universally employed by the Chinese.

"A quotation from this ancient medical work will, I am sure, be of interest to you all: 'This method (of healing) is designed for all classes and all climes. Its object is the good of all. Mountains and rivers can not obstruct its course or prevent its conferring blessings upon all under heaven. The greater the number of persons who are cured by this method and the more widely its exhaustless treasures of health are distributed, the more will the authors and prescribers of the system lengthen their days in this world and become exalted spirits in the next.'

"To be successful this method requires the strictest attention to the following five points, failure in any one of which will defeat the cure:

1. There must be sincere reverence for the method and for the doctor.

2. The Heavenly Physicians (gods of medicine) must not be slandered.

3. There must be no skepticism regarding the certainty of the cure.

4. Money must not be considered more important than life.

5. There must be harmony between the charm (used) and the prayer (offered).'

"Some of these are pretty good rules for any age or race. Rule 3 agrees with the requirement of Paracelsus, who encouraged his patients to exercise faith, and a strong imagination in order to realize the good effects of his medicine. The great success of Hippocrates was also no doubt largely due to a high opinion of his learning and skill.

"The dual philosophy of the *Yang*,—i. e., the positive or male principle,—and the *Yin*,—the negative or female principle,—also finds a prominent place in the Chinese diagnosis of diseases. As has already been intimated, the body has twelve 'paths.' Six of these belong to the *Yang* and six to the *Yin*. When three of the *Yin*, or negative influences, are in the ascendant, a patient will die on the 20th day at midnight, but if only two of them are in the ascendant, he will die in the evening of the 13th day. These and many other strange notions may be found in the *Su-Wen*, already quoted as the chief classic on Chinese medicine.

"Chinese practitioners never amputate, for Confucius lays it down as 'the first of duties to return your body to the earth complete as it came from your mother.' Once in a while a Chinese soldier puts a strict construction on this saying of the great sage by taking care, even in time of war, to bring home a whole skin,—his own skin, of course, though I must add, the Chinese, when well trained and well led, are as brave as the majority of soldiers.

"The Chinese also never dissect a human subject, and scarcely know the position of the greater viscera, yet in certain diseases they drive a needle through the body where it is likely to encounter vital organs. If the patient dies, he has the satisfaction of dying entire, which is an important matter with a people holding such strange notions of the future life. For instance, their usual method of execution is beheading, but men of wealth pay large sums in order to be allowed to strangle themselves, and in the case of noble criminals the victims are allowed to inhale gold leaf. Some one has said that one who dies from this method dies 'with a consciousness of internal guilt.'

"In the treatment of diseases the experience of untold ages has hit upon some beneficial methods of cure and upon some useful remedies, but most of their methods and remedies are by good authorities pronounced utterly absurd.

"Let us now glance at the Chinese materia medica. The motto, '*Similia similibus curantur*' is said to apply admirably to the Chinese remedies and practice. In quoting this, it is not my purpose to cast any reflection on the homeopathic school of medicine. To illustrate the point in question, a Chinese who was suffering from the itch, calced a toad and drank the ashes. This remedy was doubtless prescribed because the warty skin of the toad bears some resemblance to scabies. When a friend of mine was weakened by an obstinate cough, one of his Chinese students presented him with a pair of bear's paws, assuring him that they were a sovereign remedy to restore strength. Tiger bone jelly is prescribed for the same purpose. For rheumatism, pills made from the sinews of a deer are prescribed. 'Poison cures poison' is one of the Chinese maxims, which places many a life in jeopardy. Yet venomous serpents and insects are most highly prized.

"The Chinese materia medica of to-day is, however, probably no worse than the remedies which, as is well known, were in use in Rome when it was the chief center of the world's progress and civilization. This is evident from the list given in Pliny's Natural History. According to Dr. Macgowan, long well known in China, as many as thirty-two parts or products of the human body enter into the Chinese materia medica, the brain, eyes, gall and liver being especially sought for.

"In 1870 there was published, in Chinese, by the gentry and people, a book called 'A Death Blow to Corrupt Doctrines,'—a book filled with the vilest lies about Europeans and Americans. Many of these lies were doubtless aimed at the Roman Catholics, on account of their peculiar practices connected with auricular confession, extreme unction, etc. I will quote what relates most nearly to our subject:—

"In case of funerals, the religious teachers eject all the relatives and friends (of the deceased) from the house, and when the doors are closed the corpse is put into the coffin. Both eyes are secretly taken out and the orifices sealed up with plaster. This they call 'sealing the eyes for the western journey.'

"The reason for extracting the eyes is this: From a hundred pounds of Chinese lead can be extracted eight pounds of silver and the remaining ninety-two pounds of lead can be sold at the original cost. But the only way to obtain this silver is by compounding the lead with the eyes of Chinese. The eyes of foreigners are of no use for this purpose. Hence they do not take out the eyes of their own people, but only those of the Chinese.'

"The Chinese used to believe—millions of them know better now—that the foreigners made many other uses of the eyes and hearts of the Chinese in compounding very rare and

costly drugs which, they said, were useful for magical purposes; and in China medicine and magic have for ages gone hand in hand.

"In fact, the practice of medicine in the earliest times in all countries has always been more or less connected—in the popular mind at least—with astrology, belief in spirits, the use of charms, amulets or talismans; magic, sorcery, mesmerism, etc.

"In China if a patient recovers—which sometimes happens even there in spite of the doctor—the cure is attributed to the propitiousness of the god consulted and invoked in prayer. If the patient dies, all is submissively attributed to Fate. Large numbers who gain no relief from magic and idols and harmful decoctions come at last—often, indeed, too late—to the mission hospital, where a cure is wrought, or might have been wrought a few days earlier.

"It is only fair to say, as you will agree, that in all lands, and, I might say, all ages, there have been men of intellectual superiority who despised magic. We all recall the Roman commander who threw the sacred chickens overboard, and the Greek warrior who defied an adverse omen at the beginning of a great and successful battle.

"Magic was condemned by the Universities of Oxford and Paris in 1318, at which time it was still publicly taught in the Universities of Salamanca and Cracow. The present dynasty in China, which came to the throne in 1644, discontinued the department of magic in the Imperial Medical College at Peking. Diviners were formerly maintained at public expense at the court of the 'Son of Heaven' (China), as they used to be at Babylon. Under the present 'Great Pure Dynasty' mandarins of the first and second rank are still appointed to confer about lucky days, the *fung-shiu* of the imperial tombs, etc.

"You can readily see what an important part educated, up-to-date physicians from Christian lands have already played in dispelling such superstitions as well as alleviating pain and healing disease. Foreign medicine is bound to act a prominent part in the making of new China. The sanitation of Chinese towns and cities is a problem which can only be handled successfully by western physicians. It is only by such means that the epidemics which now and then sweep over China can be arrested and stamped out. The medical missionary to China can say, with all reverence, as did the Divine Master, the Great Physician, 'I am come that they might have life.' This has literally proved true with thousands and tens of thousands in China and other heathen lands. The coming of the physician means life, not merely physical life and health, but also the higher, spiritual life, that accompanies the Gospel message which accompanies the medical missionary work in every part of the world."

I HAVE always thought of Christmas time as a good time; a kind, forgiving, charitable, pleasant time. It is good to be children sometimes, and never better than at Christmas, when its mighty Founder was a child Himself.—*Dickens*.

ALONG THE WAY .

"A FRIENDLY smile, 'mid all the gloom
With which the world contends,
Is like a flower whose sweet perfume
With desert breezes blends.
A word of cheer, when dark despair
O'erawes the spirit frail,
Is like the welcome breath of air
That fills the flutt'ring sail.
A passing deed, in kindness done,
Lives on throughout the years;
In other hearts by kindness won z z x
It ever reappears."

WHY MILK DOES NOT AGREE

(Continued from Page 1)

with his ores so as to get the desired products, and subjects his products to critical tests. It is only within very recent times that science has brought this question of nutrition down fine enough to subject it to tests of that sort, the kind of tests the iron manufacturer employs for testing metals. Now we can examine foods and know just what they are worth and what special needs and purposes they are suited for.

"Every article of food that comes on the table upstairs has been tested. When the waiter serves you at the tables, the waiter also serves our chemist in the laboratory, sends that meal over there, and that meal is put into the very same kind of calorimeter that the coal goes into. We have a very refined and delicate apparatus that gives more exact results than the coal calorimeter does. This apparatus, called the bomb calorimeter, is shut up inside of a little bomb, and that meal is mixed up in just the way it is mixed in your stomach; a certain portion of it is put in here, and then by means of an electrical wire this is set on fire and burned, and the amount of heat produced is determined by means of a delicate thermometer. Thus we determine the exact amount of heat, and we read on the thermometer the number of heat units produced by that amount of food. That is not simply fad or fancy; it is a scientific method by which we can regulate your nutrition, the heat production in our bodies, the process of nutrition, just exactly as we regulate the consumption of our coal.

"In the last twenty-five years, especially since physiologic chemistry and bacteriology have been developed, there have been hundreds of men, the most scientific men alive, with the deepest erudition, with the largest equipment of knowledge, who have been giving their whole lives to the study of the question of nutrition. There is Pawlow, of St. Petersburg; Rübner, of Germany; Foster, Lancaster, Atwater, Benedict, Chittenden, Pettenkofer, and a great number of other men whose names I might give you, scores of men who have devoted their whole lives to the study of this question of nutrition, and the result has been the accumulation of a vast amount of most invaluable facts, but they have not yet got out among the people. The facts are known; they are in our great scientific books and learned papers, German and French very largely. Not very much has got into English yet, but the facts have been brought out; and the things we are doing here are based upon these scientific facts that have been worked out in the scientific laboratories of the world.

"Metchnikoff has pointed out the fact that milk and bread are foods which discourage the growth of anaerobes—the poison-forming germs, which produce old age. Here is a pan of milk, for instance. Put it away on a shelf and it gets sour, but it does not rot. Put some beefsteak alongside of it, and it will be rotten in a day or two, but the milk will be all right. We have now in our laboratory a pan of milk with beefsteak in it that has been there ever since last summer, and the beefsteak is still sweet. The milk preserves the beefsteak. Beefsteak cannot rot while it is standing in milk, because the sugar in the milk encourages the growth of aerobes, the friendly germs, and they fight off the unfriendly germs, which are the putrefactive germs, and prevent their development.

"Now, then, what it does outside of the body it will do inside of the body; so a milk diet is sometimes very advantageous. But there are persons in whom it works the other way, in which the sugar of milk is absorbed so rapidly that the casein of the milk is left behind, not digested, and it undergoes decay, producing

auto-intoxication. One of the worst cases of auto-intoxication I ever saw I met in a lady who came here a few years ago with a brown coated tongue, a leathery looking skin, very greatly emaciated, really almost dead. This patient had been living on an exclusive milk diet for six weeks. We took the milk away entirely, put her on a diet of bread and fruit, malt honey—our Sanitarium diet generally, dropping out milk entirely, and she gained twelve pounds the second week, and in four weeks she gained forty pounds. The skin was clear, the cheeks rosy, and she went home thoroughly well and has been a well woman ever since.

"Cow's milk, as I look at it, is not the best food for one; it is good food for some people—but not the best food. For some people it is really a poison. And that is the reason why we have prepared a substitute for cow's milk from nuts. Nuts contain milk. Milk is emulsified—contains fat with proteins mixed with it. That is exactly what we have in nuts. In nuts we have fat emulsified, and associated with protein. If you take nuts and grind them up, or chew a nut in your mouth, you get a milky product. Take nuts and crush them up into a paste and mix that with water, and they make a milk; so we have almond milk, and in Germany almond milk is used for babies who cannot eat cow's milk. Babies have this same casein dyspepsia, and in such cases very toxic symptoms are sometimes produced. A baby that takes cow's milk gets a coated tongue, the stools become foul, there is an inactive state of the bowels, or perhaps diarrhea, and the poor child is in a miserable state. Take the cow's milk away and give the child barley water or malted nuts, and there is a complete change immediately. I had some years ago a telegram from a prominent senator at Washington, who telegraphed me, 'Our baby is dying. We have tried all the baby foods we know. What shall we do?' And I telegraphed that I had sent him some food for the baby, and I sent on some malted nuts. That baby has been raised on malted nuts, and she is a good-sized girl now, perhaps twelve years old, and for three years of her life she did not eat a thing but malted nuts and bread. It saved the child's life.

"Hundreds of cases I might cite to you of the same nature, in which children were suffering from chronic milk poisoning, casein dyspepsia, whose lives have been saved by malted nuts. When one part of malted nuts is added to seven parts of water, it is almost the same as mother's milk. I will mention a few other symptoms. The symptoms of chronic milk poisoning are frequent attacks of biliousness when milk is used freely, in some persons even when used in small quantities; inactive bowels, diarrhea, gas in the bowels, acidity of the stomach, a bad taste in the mouth, a coated tongue, a bad complexion,—these are all symptoms that may be made to disappear entirely as soon as milk is discontinued."

WHEEL-CHAIR LIMERICKS

There is an unfortunate man
Who stays out of doors all he can.
When asked, "Are you froze?"
Says, "From nose to my toes—
Won't somebody lend me a fan?"

There is an unfortunate man
Who stays out of doors for the tan.
When asked, "Are you friz?"
Says, "You bet I is,
But we don't call this cold at the San."
—H. M. Stegman.

HAPPINESS is the reward and result of labor, courage, and veracity.—Matthew Arnold.

HEALTH UNIVERSITY OFFERS MANY COURSES

THE interest in the Correspondence School grows apace and the membership is increasing daily. The following courses, each containing six lessons, are ready:—

FOOD AND DIET.—The Human Body as a Locomotive; Eating for Health and Efficiency; Fruits and Nuts, Their Value and Uses; Cereals, Vegetables and Legumes—Their Food Value and Special Uses; Diseased Foods; Food Values.

HEALTH EXERCISES.—How to Be Strong; Lung Gymnastics; Walking, Running, Climbing; Exercises for the Sedentary Man; How to Cultivate Symmetry and How to Correct Deformities; Exercises for Special Needs.

BEAUTY CULTURE.—Health and Beauty; The Skin and the Hair; The Complexion and Facial Beauty; Care of the Teeth and the Mouth; Beauty of Figure and Dress; Further Aids to Beauty.

HYGIENE OF INFANCY.—Mother and Babe; Feeding the Baby; When the Baby is Sick; The Baby's Clothing; Exercise and Fresh Air for Infants; Rest and Comfort.

HOME NURSING.—General Care of the Sick; Baths—Full Bath, Hot Bath, Cold Bath, Sitz Bath, Tonic Bath; Wet Rubbings, Towel Rub, Mitten Friction; Packs and Compresses; Twenty-five Methods of Relieving Pain; Massage.

The price of each course is \$5. After a person has taken two courses at \$5 each, additional courses will be supplied at \$3 each. On the payment of \$12, the student is given, in addition to two courses, the new two-volume edition of Dr. Kellogg's "The Home Book of Modern Medicine," an atlas of Human Anatomy, comprising twenty-four full-page color plates; a year's subscription each to the *Good Health Magazine* and the weekly *BATTLE CREEK IDEA*. Remittances may be sent by draft, post-office or express or money order, to The Battle Creek University of Health, F. M. Kellogg, Secretary, Battle Creek.



BATTLE CREEK SANITARIUM

Diet Instead of Nostrums

If you don't feel right, ten chances to one you trace it to your stomach, and from that to your food. Food right—stomach right—Stomach right—health right. Health right—all right.

Don't take nostrums, but follow the Battle Creek Sanitarium Diet System at home.

If you say it doesn't improve your health, your money will be refunded.

Ask yourself these questions:

Is your head clear? Do you sleep well?
Is your breath sweet? Are you too fat?
Are your bowels regular? Are you too thin?

Do you feel fit and efficient to do your work? Do you feel full of vigor and vital steam all the time, or are you tired and depressed? Is life worth living as you are living it?

If you are ailing you need our balanced diet. Write to-day for our booklet, "Healthful Living," which will tell you how.

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BATTLE CREEK, MICH.

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BATTLE CREEK, MICH.

SUBSCRIPTION RATES

One Year	\$1.00
Six Months	.50
Three Months	.25
Per Copy	.02

VOL. II DECEMBER 24, 1908 No. 3

THE SCIENCE OF HEALTH

THE time has come for a reform in our educational system. Every other science known to man may be made the subject of study on the part of the college student, except the one most important of all—that of right living. The average man who is authorized to attach an A. B., an A. M., or a Ph. D. to his name, cannot answer correctly a dozen simple questions about how food is digested, nor even about the amount of food the average human being should eat, nor how a person should eat for the greatest strength and efficiency.

To be sure, the study of physiology has been introduced into public schools, but it is elementary in its scope and stops along with algebra and elementary geometry. The college student leaves the university without more knowledge than he got in grammar school about the most important study of all—himself.

This prevailing ignorance in relation to the simplest medical facts, and the most potent principles of hygiene, which exists even among men and women of wealth and culture, has made possible the accumulation of fortunes by patent medicine vendors and the enormous prosperity of mind-curists, faith-curists and Christian Scientists which the last quarter of a century has produced.

Dr. Abram Jacobi, an eminent New York physician, in a recent address before the International Congress on Tuberculosis, took strong ground on the question of popular medical education, and declared that "the simple facts of medicine should be taught in intelligible language in schools, from platforms, the pulpits, and last but by no means least, in newspapers."

The widespread information being spread through the efforts of those interested in the prevention of tuberculosis is one of the signboards along the way that indicates the change which the next few decades will doubtless bring about. Educational models and ideals are being modified and educators, physicians and thinking people of all classes are beginning to realize the need of giving greater attention to the all-important subject of health.

ECONOMY OF HEALTH

THE *Louisville Courier-Journal* comments editorially on a recent article in *Good Health* upon uncooked foods by Dr. Kellogg. It says in part: "If the vegetarians should succeed in bringing the attention of the carnivorous

majority to the fact that much less meat may be eaten without impairment of health or strength, and that an increased consumption of raw vegetables and fruits means a greater measure of health and power to resist germ attacks, a great deal might be done for the race, especially in America, where, as a rule, we are over-nourished, and where the well-to-do are too frequently early victims of the habit of over-feeding, especially upon meats.

"In both city and country there is as yet an insufficient appreciation of the benefits of twentieth century transportation facilities that bring fruits and vegetables to the table of even the economical housekeeper the year round. City dwellers are unquestionably in advance of ruralists in the employment of a suitable proportion of fruits in the dietary, particularly the use of raw vegetables as salads, but the average American's formula still calls for meat three times a day and as physicians assert, rather too much of it each time. The result is that there is a considerable death rate among sedentary persons from the various diseases due more or less directly to consumption of too great a quantity of rich food.

"The great expansion of the trade in fruits and winter vegetables in recent years is proof that in a measure we are taking advantage of our opportunities, yet there would doubtless be a decreased death rate and an improvement in health if the thousands who will not accept the vegetarian theories of the editor of *Good Health* to the extent of abandoning meat would take a greater individual interest in the question of the benefits of uncooked fruits and vegetables. And since the Fruit Trust is at present less a tyrant than the Beef Trust an economy in house-keeping, as well as in health, might result."

CONSUMPTIVE "DON'TS"

THE Director of Public Health and Charities in Philadelphia has issued for public distribution a series of "Don'ts" which are both striking and practical.

Don't spit on the sidewalk; it spreads disease and is against the law.

Don't spit on the floor of your rooms or hallways.

Don't spit on the floor of your shop.

Don't cough without holding a handkerchief or your hand over your mouth.

Don't kiss a person with a cough or cold.

Don't live in rooms where there is no fresh air.

Don't work in rooms where there is no fresh air.

Don't sleep in rooms where there is no fresh air.

Don't eat without washing your hands.

Don't neglect a cough or cold.

Don't waste your money on nostrums for consumption. Go to a doctor or a dispensary.

Don't drink whisky, beer or other intoxicating drink. If you have consumption it will make it harder for you to get well.—*N. Y. State Journal of Medicine*.

"It is not the lot of men to live perfectly happy; the only thing which remains to us is to make the best of what we receive and obtain, being as comfortable and happy as our circumstances allow."

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THE PANTITORIUM

THE MEDICAL MISSIONARY

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Our Battle Creek Health Chocolates are equal to the best in flavor, yet can be eaten freely without harmful results.

The poisonous theobromin has been taken out of the chocolate, and Meltose, the new health sugar, is substituted for the irritating cane sugar.

As a Christmas specialty we are packing one and one-half pounds of these delicious confections in a handsome illuminated box. Shipped to any express office in the United States, transportation prepaid, for only \$1.25.

Remember, the Holiday season is a busy one,—send us your orders early.

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39 North Washington Avenue
Automatic Phone, 1297. Bell, 327 1 ring.

CHRISTMAS PLANS COMPLETE

(Continued from page 1)

opened it will reveal the toys and other gifts designed for the guests.

Everything possible has been done to make complete the joy of the little folk who will come in the afternoon of Thursday. An entertainment with songs, recitations and orchestra music has been prepared for their especial delight. It will be quickly followed with the distribution of gifts, to which the local merchants have been particularly generous in contributing. All day Wednesday a committee was at work in Room 103 filling bags with candy, nuts, popcorn and fruit—and generous bags they are, too; while other members marked the piles of toys: dolls, baskets, ribbons, doll furniture, books, etc., for the girls; knives, tops, saws, horns, balls, etc., for the boys. In addition to these toys, there were utilitarian gifts for each child, such as mittens, hoods, caps, and suits of clothes, one merchant donating seventeen suits for boys between the ages of three and six.

One hundred and thirty children have received printed invitations to be present, and up to our going to press there have been no regrets sent in to the committee. Mr. D. K. Cornwall, with customary generosity, donated fifty pounds of Sanitas chocolates. Others who made donations are as follows: A. Kapp, Weldin & Hobbs, Preston & Son, Bargain Center, Kelleher Co., Whalen Bros., J. G. Redner, Candy Crabb, Dunn, Strickland & Raynor, E. C. Fisher Co., Foster & Gordon, L. A. Dudley, Nay Bros., Knox Co., L. W. Robinson Co., Godsmark, Ranger & Farley, Schroeder Bros., C. E. Blood Co., J. C. Kendall, Austin Co., C. F. Bock & Son, L. B. Brockett & Sons, Mitthenthal Bros.

Following the distribution of presents the little folk will be escorted to the south dining-room, where luncheon will be served, after which they will be taken to their homes by members of the committee.

In the evening, at 7 o'clock, the handsome trees will again be filled with presents and lighted for the pleasure of the guests and helpers. A fine musical program has been arranged, in which the Sanitarium orchestra and several of the talented guests will participate.

On Christmas day a typical Sanitarium Christmas dinner will be served in the main dining-room, which will be elaborately decorated with holly. The following is the menu:—

MENU

Salpicon of Fruit	
Sanitarium Terrapin Soup	Wafers
Olives	Radishes
	Celery
Individual Nut Pie	
Mashed Potatoes	
Chestnuts with Tomato Sauce	
Creamed Peas	Fruit Buns
Cream Cheese Jelly	Pine Nuts
Steamed Fruit Pudding	Hard Sauce
Malaga Grapes	Oranges
Chocolate Bon-bons	
Caramel Cereal	

In the evening a sacred concert will be given in the chapel, the program for which is as follows:—

ORGAN—Meditation in D flat..... St. Clair
CHOIR—Glory to God..... Lynes
CHOIR—Glad Tidings..... Brewer
SOLO—By Mrs. J. F. Byington.
SOLO—By Mr. Irving A. Steinel.

CRAVEN BROTHERS - - Jewelers

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We carry everything in Up-to-Date Jewelry and Novelties

Repairing of All Kinds Neatly and Promptly Done

217 MAIN STREET WEST,

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Salvation and How to Attain It

Pastor Brunson Tells Congregation How God Beckons Righteousness to the Sinner

IN his Sabbath morning chapel service Pastor John A. Brunson took for his subject: "Salvation from Two View Points; or How Righteousness May be Obtained and Retained." The speaker used two texts to point his remarks—Rom. 5:6 and 4:8: "The man unto whom God reckoneth righteousness apart from works," and "The man to whom the Lord will not reckon sin." Or, as the Twentieth Century version gives them: "The man who is regarded by God as righteousness apart from actions," and "The man whom the Lord will never regard as sinful."

"These texts," said the speaker, "reveal to us the eternal sovereignty of God's grace and the graciousness of God's eternal sovereignty—they teach us plainly that salvation primarily is less a matter of human merit than of God's mercy—that encourages even the weakest and vilest to hope and to fling himself in his helplessness upon God. There are only two positions possible before God. All are by nature sinners, children of wrath and under condemnation. Sinners do not realize this because sin produces a condition of moral anesthesia. But their failure to recognize their condition does not lessen their danger. On the other hand, believers in Christ have already passed from death unto life. They have already appeared before the judgment bar of God; have stood trial, been found guilty and acquitted despite their guilt. Here then are two positions—one of sin unforgiven, one of sin forgiven; one of condemnation and death, one of acquittal and life. Every man must occupy one or the other. There is absolutely no middle ground, no compromise.

"The question presents itself—how is the passage made from the undesirable to the desirable state? Upon what condition does God reckon righteousness to the sinner? Upon condition of faith. What is faith? The acceptance of Christ as Saviour and Lord and the reliance upon him for all things needed here and hereafter. What precedes faith? Conviction, repentance, complete surrender to God.

"He that has died to sin and accepted Christ as surety can never regard sin as a light thing. He does not want to sin and will not if he can help it. He loves Christ and is obedient to his word. He loves right and hates wrong. He tries in every way possible to avoid reflecting any dishonor upon his Saviour, his Lord, his Surety. The keynote of his life is loyalty to Christ. To such a man God does not reckon sin."

"Jimmie, your face is dirty again this morning," exclaimed the teacher. "What would you say if I came to school every day with a dirty face?" "Iuh," grunted Jimmie, "I'd be too perlitte to say anything."—Circle.

AN unhappy, discontented mind will ruin digestion even if the greatest discretion be used in eating.

HAIR GOODS

of any description or made to order on short notice. Hairdressing and Shampooing, Massage of the Head, Face and Scalp. Manicuring. A fine line of Novelty Goods for the Holidays.

COME IN

and inspect Bags, Belts, Buckles, Back Combs, Side Combs, Barretts, Pocket Books, Hat Pins, Veil Pins, Manicuring Sets, and other articles too numerous to mention, any of which will please the loved one at Xmas time. Special invitation to the gentlemen.

Mrs. Ida B. Allen & Co.

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The Battle Creek Sanitarium & Hospital Training School for Nurses

Offers exceptional advantages to young men and young women who desire to fit themselves for the work of a trained nurse.

Besides the regular hospital training, thorough training is given in Hydrotherapy, Massage, Manual Swedish Movements and all physiologic methods peculiar to the Sanitarium, and is each a training in itself and found almost exclusively in our work.

Classes are organized April 1 and October 1. Applications are received whenever vacancies occur.

For further information or particulars regarding the school, address the

Battle Creek Sanitarium & Hospital Training School

Headquarters

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Our new addition of silverware, hand-painted china and jewelry is a success, and our stock of watches and clocks is complete. Your patronage is appreciated and solicited.

If you miss us in the West End we are still in Battle Creek at 5 West Main Street.

S. LANDE 2 doors west of City Bank

"WHAT rust is to iron, worry is to these bodies of ours—it corrodes them."

COLAX

Not a Drug Not a Food

The new scientific remedy for constipation—the most common of all human diseases, and the mother of a multitude of maladies.

Used and endorsed by the Battle Creek Sanitarium and by the most eminent physicians in this country and Europe.

All drugs and mineral waters increase the constipation and make worse diseases. Colax succeeds when drugs fail, and is as harmless as water, tasteless and odorless.

Price, \$1 per package, postpaid

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BATTLE CREEK, MICHIGAN

PERSONALS

Judge McKeown will spend Christmas with Mrs. McKeown.

Mrs. J. W. Sutton of Sault Ste. Marie is among the week's arrivals.

Mrs. W. H. Inman of Eagle Grove, Iowa, is a new patient at the institution.

Dr. John D. Robertson of Chicago paid a brief visit to the institution this week.

Mrs. C. W. Niehuss of Wisson, Ark., is a newly arrived guest at the Sanitarium.

Mr. R. E. Mabry, of Fairfield, Ill., is numbered among the new patients.

Irving Steinel has returned to spend the holidays with friends and relatives.

Attorney E. C. Andrews, of Vermillion, So. Dak., is a patient at the Sanitarium.

Attorney James Body, of Rapids City, So. Dak., is spending a few weeks here resting.

The Rev. W. Hartley, of Yonkers, N. Y., arrived this week for a rest and treatment.

Mr. H. G. Blake, of St. Anthony's Park, Minn., is a recent arrival at the institution.

Mr. A. M. Johnson, of Manitowoc, Wis., arrived this week and will remain as a patient.

Mr. and Mrs. C. W. Sutton have gone to Rockford, Ill., to spend Christmas with relatives.

Miss Caroline Parsons is expecting her family from Kalamazoo to spend Christmas day with her.

Mr. H. Peatross, of Danville, W. Va., returned this week for further treatment at the Sanitarium.

Mr. S. Sherin, of Chicago, is a newly arrived patient. He will remain for some weeks taking treatment.

Mr. and Mrs. G. W. Abbot have returned to their home in Sioux Falls, S. Dak., for the holidays.

Mrs. D. W. Burd of Vincennes, Ind., arrived this past week for rest and treatment at the Sanitarium.

Mrs. Mary Downie will spend Christmas with her brother and family, Mr. and Mrs. Armstrong of Evanston.

Miss Lottie Alcorn, Roy and Frank Alcorn of Boulder, Colo., are visiting their uncles, I. E. and G. M. Alcorn.

Mrs. E. T. Holmes, who has been a patient here for some weeks, returned on Wednesday to her home in St. Paul.

Mrs. Thomas Levings is expecting Mr. Levings to arrive from Rockford this week to remain for the holidays.

Dr. Joseph Rosenthal of Sault Ste. Marie accompanied his wife here this week. Mrs. Rosenthal will remain some weeks for treatment.

Mrs. B. S. Holbrook of Owana, Iowa, has been spending a few days at the Sanitarium en route to Ann Arbor to attend her son's wedding.

Mrs. J. P. McNaughton, accompanied by Margherita Chiavolion, has returned from a lecture trip. They will remain here for the holidays.

Messrs J. C. and J. H. Bain returned the first of the week to their home in Delaware, Ohio, after a stay of some weeks at the Sanitarium.

Mr. E. G. Wilson of Portland, Me., will arrive this week to join Mrs. Wilson. Together they will spend the next two months at the Sanitarium.

Mrs. R. E. Brooks and little daughter, Edwina, wife and daughter of Judge Brooks of Houston, Texas, returned this week to their home, after a stay of three months.

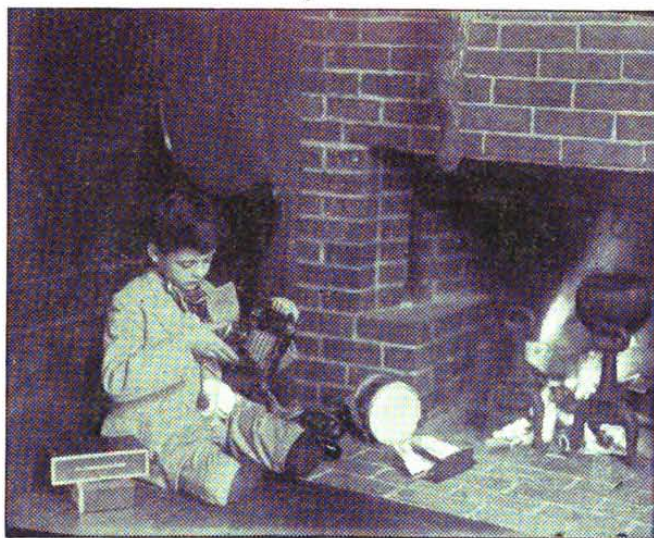
Mrs. C. C. Lewis, Jr., of Charleston, W. Va., accompanied by Mr. Lewis arrived at the Sanitarium this week for treatment. Mr. Lewis returned to his home after viewing the institution.

Dr. F. M. Rossiter, a former member of the medical staff, now of North Yakima, Wash., paid a short visit here this week. Dr. Rossiter is en route to Europe where he will take post graduate work.

Mrs. Rose Woodallen Chapman and little son, Bruce, paid a brief visit to friends at the Sanitarium this week, en route to Baltimore, where she will spend the holidays before returning to her home in Brooklyn.

Attorney M. Minton, of Louisville, Ky., is one of the most recent members of the bar to visit the Sanitarium. For the past several weeks a great number of the legal profession have arrived at the Sanitarium for rest. Some one suggests that they form a Sanitarium Blackstone club.

Mr. N. P. Clark of St. Cloud, Minn., an old friend of the institution, is paying a visit here this week. Mr. Clark came here for the first time twenty years ago when his life was despaired of by his home physicians and was restored to health. Since then he and members of his family have followed the Battle Creek idea of living and have attained unusual health.



Let the Children KODAK

Your boys or girls can make good pictures with a Kodak or Brownie Camera. There's nothing that will give them greater Christmas delight,—nothing that will retain their interest longer.

Simple, instructive and good, clean wholesome fun—and not expensive now, either.

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Palm Garden Pharmacy, Sanitarium

News Notes

O. R. Staines of Nashville, Tenn., paid a brief visit to his cousin, Mrs. Mary Foy, this week.

Miss Midgley of the Nurses' department will spend Christmas with her family at Ann Arbor.

Miss Bonnie Core left this week for Grand Ridge, Ill., to spend Christmas week with her parents.

Pastor George C. Tenney, Mrs. Tenney and Miss Ruth will spend a portion of the holidays with relatives in Bay City.

Miss A. J. Aldrich left Monday for a two months' vacation trip in and about Boston, with relatives and old friends.

Miss MacKeracher, visiting nurse for the Sanitarium Dispensary, who has been very ill for the past week, is improving.

Dr. W. H. Riley is enjoying his winter vacation among the Rocky Mountains, near Denver. He will return the first of the year.

Miss Edith M. Ball, assistant dietitian, left this week for her home in Milton-on-the-Hudson, N. Y. She will remain two weeks visiting relatives.

Dr. Elmer Otis and Dr. Clara B. Otis arrived the past week from Lake George, N. Y., and will soon assume their work on the medical staff of the Sanitarium.

Residents of the James White Memorial Home (for dependent aged) are to be given a Christmas treat by the members of Pastor Tenney's Bible class. About twenty will be seated at the mid-day Christmas dinner where the following menu will be served:

MENU

Consommé

Mashed Potato Roast Stuffed Squash

Cranberry Jelly

Buns Boston Brown Bread Butter

Salad

Pear Sauce

Mince Pie Pumpkin Pie

Sanitas Candy.

Grapes

Nectar Cocoa

Following the dinner there will be a program of Christmas songs and distribution of gifts.

The British Empire league has planned a "home gathering" for Saturday night, when the hundred or more British subjects, connected in one way or another with the Sanitarium forces, will celebrate Christmas in true British fashion. The parlors of West Hall will be handsomely decorated with greens, holly and mistletoe and there will be a Christmas tree from which gifts will be distributed to the guests. The program will be informal, a feature of which will be a fireside story telling, with Dr. Dowkontt leading. There will be English Christmas carols and other songs and recitations by members of the league, and refreshments will be served, including the traditional plum pudding.



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Our fancy fur trimmed Slippers can't
be beat in price and quality. Every-
thing in Footwear. :: :: ::

RIGGS & ALDERDYCE

217 West Main Street. Opposite McCamly Park.

Dr. A. J. Read left Wednesday for New Jersey, where he will spend Christmas with his aged mother and his sister. He will remain in the East for a fortnight.

New officers for the Sanitarium Sabbath school have been elected as follows: superintendent, Dr. A. J. Read; assistant, Dr. Elmer Otis; secretary, Miss Iva Cadwalader; assistant, Sophie Kodjbanoff; organist, William Dever.

Dr. Carolyn Geisel returned Monday from a lecture trip in the South, where she gave a series of health lectures in the colleges and before prominent clubs. On Sunday she will leave for Lake Placid, N. Y., to attend the annual conference of the Household Economics association.

A delightful chamber recital was given at the Sanitarium Tuesday night by Miss Susan M. Ferguson, pianist, assisted by Mrs. J. F. Byington, soprano. The program was well chosen and exploited to advantage the talent of the artists. Miss Ferguson played with both brilliance and sympathy and Mrs. Byington sang a charming group of songs well fitted to her operatic voice.

The new Baw Bee Rooters gave a party Monday evening at the home of Miss Greenhoe, Manchester street, in honor of the Baw Bee Indoor Baseball team. About fifty guests were present to enjoy the following program:—

Introductory Overture (War Paint)—Baw Bee Band.

Calutation—Will Vandervoort.

The "Squaw" (Cornet solo)—Roscoe Spencer.

"The Trail" (Reading)—Miss E. Edwards.

"The Tomahawk" (Flute solo)—Mrs. J. B. Grey.

"The Scalp"—Chapel Male Quartet.

"Big Chief" (Violin solo)—Mr. W. Haughey.

"Arrow Heads"—L. H. Davis.

Informal Speeches—Members of the Team.

George Judd has returned from a short visit with friends in Evanston and Chicago.

Bethesda Home will be the beneficiary of this month's *Good Health* prizes, with one hundred and eighty-two and one-half subscriptions to her credit. The first prize, a \$50.00 gold watch, was offered for the largest number of subscriptions turned in between September 20 and December 20 and the second prize was \$25 in cash for the largest number of subscriptions for the month of December.

MY OWN WORK

Let me but do my work from day to day,
In field or forest, at the desk or loom,
In roaring market place or tranquil room;
Let me but find it in my heart to say,
When vagrant wishes beckon me astray,
"This is my work; my blessing, not my doom,
Of all who live, I am the only one by whom
The work can best be done in the right way."

Then shall I see it not too great, nor small,
To suit me and to prove my powers;
Then shall I cheerful greet the laboring hours,
And cheerful turn, when the long shadows fall
At eventide, to play and love and rest,
Because I know for me my work is best.

—Henry Van Dyke.

Your Laundry

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SATISFACTION GUARANTEED

X

Sanitarium Laundry

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Battle Creek, Michigan**

ARRIVALS

THE list of arrivals for the week ending December 21 is as follows: Mrs. C. W. Niehuss, Ark.; Carinthia Tinkham, Ill.; S. Sherin, Ill.; Mrs. S. Sherin, Ill.; H. G. Blake, Minn.; H. G. Goodwin, Ill.; J. R. Medlin; Clyde Jack, Iowa; B. B. McCallum, Ohio; Ethel Stone, Mich.; Mrs. C. C. Sims, Jr., W. Va.; Hunter Peatross, Va.; James Boyd, S. D.; H. Moreland, Ia.; C. A. Peck, Mich.; N. P. Clark, Minn.; G. Doutney, N. Y.; J. Christoffel, Ind.; C. A. Christoffel, Ind.; Fred Wahl, Ohio; E. Cornelius Andrews, S. Dak.; Mrs. C. Andrews, Ill.; Mrs. W. D. Burd, Ind.; M. Minton, Ky.; R. E. Mabry, Ill.; Rev. John A. Roos, Neb.; Jacob Fuchs, Ind.; B. J. Vincent, Mich.; Mrs. J. P. McNaughton, Turkey; Margherita Chiarvalion, N. Y.; Elmer F. Otis, N. Y.; Clara B. Otis, N. Y.; M. H. Tate, Wis.; Mrs. H. W. Henry, Ind.; Mrs. W. H. Inman, Iowa; W. H. Inman, Iowa; S. S. James, Mich.; William Hartley, N. Y.; Mrs. George Weston, Ill.; O. R. Staines, Tenn.; John D. Robertson, Ill.; A. C. Baxter, Ohio; Mrs. E. A. Drew, Ohio; R. Williams, Col.; Franklin McElfresh, Ill.; F. D. June, N. Y.; S. F. Morris, Mich.; Mrs. J. W. Sutton, Mich.; P. D. Carpenter, Ohio; V. W. McNeill, Ohio; Ernest Gamble, Verna Page Gamble, Sam Lamberson, Pa.; Mrs. E. W. Fitzhugh, Vt.; Mrs. B. D. Holbrook, Iowa; T. B. Blackburn; Mr. and Mrs. G. H. Hyland, Ohio; D. R. McCallum, Ohio; F. M. Rossiter, M. D., Wash.; R. Rosenthal, M. D. and wife, Mich.; J. F. McLaren, Jr.; Minn.; Anne Irene Oakley, Wis.

Domestic Science Department

Rutabaga Turnips au Gratin

Select the desired number of rutabaga turnips, pare, and cut each into quarters, lengthwise of the turnip. Place at once into boiling water and boil until tender, usually about thirty minutes, depending, of course, upon the age of the turnip; add a teaspoonful of salt toward the end of the cooking. When tender, drain and cut in half-inch tubes. For each one and one-half cups of the cubes, prepare a cup of sauce made as follows:—

- One cup rich milk.
- Two tablespoons flour.
- Two tablespoons butter.
- One-fourth teaspoon salt.

Heat the milk over boiling water; beat the butter and flour to a cream and stir into the hot milk. Cook five minutes, add salt and turnip cubes. Turn into a shallow china baking dish, cover with half a cup of cracker crumbs, brown in a hot oven and serve.

Fig Pudding

One and one-half cups steamed chopped figs.
Two cups stale bread crumbs.
One teaspoonful vanilla.
One cup cream.
Two cups milk.
One-third cup sugar.
Three egg yolks and one egg white beaten together.

Meringue.

Two egg whites. Two tablespoons sugar.

DIRECTIONS: To steam the figs, wash thoroughly and place in a steamer over boiling water ten minutes. Cool and chop. Heat milk and cream in a double boiler, add chopped figs, bread crumbs, sugar, eggs and vanilla. Mix thoroughly and bake in a square or oblong pan so that the pudding may be cut in squares as illustrated. Beat the two egg whites stiff, fold in sugar, spread evenly over top of pudding, return to the oven until the meringue is nicely browned. May be served with plain or whipped cream if preferred.

Christmas Fruit Cake

One cup butter.
One cup sugar.
One cup flour.
One teaspoon cinnamon.
Six eggs beaten separately.
Three-fourths cup currants.
Three-fourths cup raisins.
One-half cup shredded citron.
One-fourth cup molasses.
One-half cup pineapple or apple juice.

Cream the butter and sugar, add the yolks of the eggs and beat thoroughly, add pineapple juice. Wash and dry the currants and raisins and mix with one-fourth cup of the flour (this prevents the fruit from settling to the bottom of the cake). Stir the fruit thoroughly into the butter and sugar mixture, add the molasses and seasonings, and then add alternately the stiffly-whipped whites of the eggs and the remainder of the flour.

Bake in a moderate oven forty-five minutes, or until the cake feels firm to the touch and follows the finger back into place.

Apple, Celery and Nut Salad

Two cups apple.
One and one-half cups celery.
One cup shelled English walnuts.
Peel the apples and cut into small cubes, cut the celery in thin slices, and break the nuts in pieces. Pour over all the following dressing:—
Two eggs.
One-fourth cup lemon juice.
One-fourth cup pineapple or orange juice.
One-fourth cup sugar.

Beat eggs slightly, add fruit juice and sugar. Cook in double boiler or over hot water until thickened. Stir constantly to prevent the white from cooking into hard lumps.

1909

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Hosiery

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L. A. DUDLEY COMPANY, - 6 West Main Street

THE BATTLE CREEK IDEA

VOL. II, No. 4.

BATTLE CREEK, MICH., DECEMBER 31, 1908.

PRICE, 2 CENTS.*

Cornwell Awards to Pupil Nurses

Announcement of Prize Winners Made at
Christmas Celebration before
Large Audience

\$300 DISTRIBUTED

A FEATURE of the celebration held Christmas evening in the gymnasium was the announcement of awards to the nurses, in compliance with the generous offer made by Mr. D. K. Cornwell, who, as one of the many manifestations of his interest in the institution, has for

NATURE'S PROVISIONS AGAINST DISEASE

Dr. Kellogg in Sanitarium Lecture Tells
Patients How the Body Defends
Itself

HOW TO BECOME IMMUNE

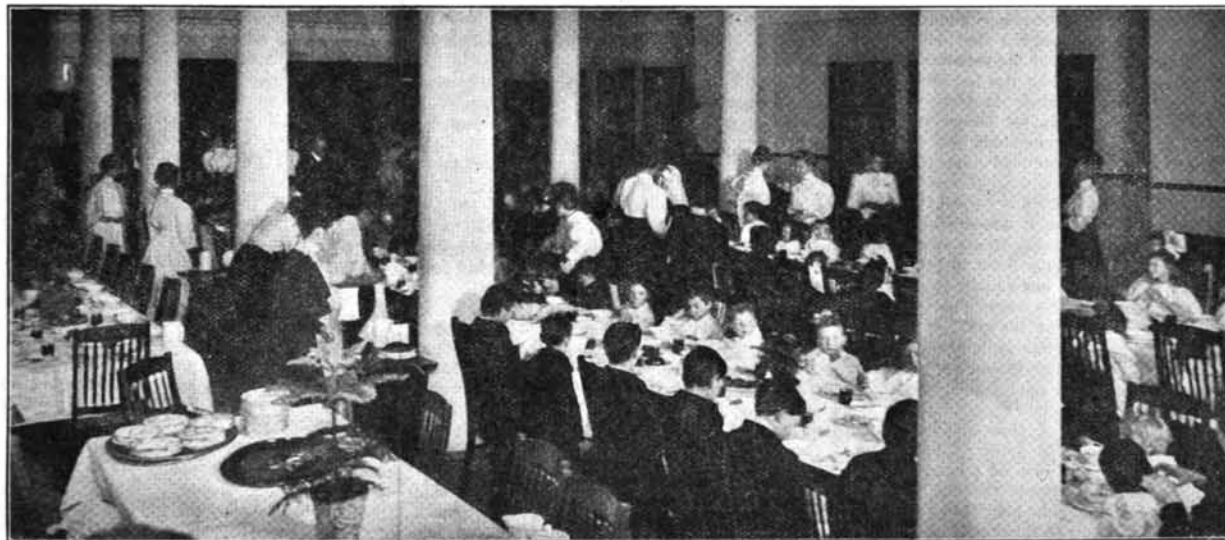
"THE question of the greatest possible interest to people who are sick and to people who are well, is how to develop immunity, how to become immune. That we can become immune against disease is proved by many things. It is not a new idea by any means; it is not

Children Enjoy Christmas Treat

One Hundred and Seventy Poor Children
Receive Gifts and Take Luncheon
at Sanitarium

EVENING AMUSEMENTS FOR GUESTS

"I've had such a good time, seems like I'd bust," was the way one small child expressed her appreciation of the Christmas festivities given for poor children at the Sanitarium Christmas eve. There was no room for doubt but that the other 169 children shared her feel-



Poor Children Enjoying the Christmas Luncheon at the Sanitarium

two successive years given prizes amounting to \$300 to the two nurses' training departments of the Sanitarium.

The awards are made to three pupil nurses in each department, and are as follows: First, \$70; second, \$50; third, \$30. The requirements for eligibility are three: "The winners shall have shown a spirit to live in harmony with Sanitarium principles; have displayed an aptitude for and an efficiency in their work; and to have attained a high average in both theoretical and practical work."

Furthermore, the conditions read: "No one shall receive an award whose general conduct is not in harmony with that becoming a Christian, and the fundamental principles of temperance and rational reform for which the institution stands. In making awards, particular attention will be given to punctuality, courtesy, willingness to serve and satisfaction given to physicians, teachers, heads of departments and patients. An essential condition will be the observance of the rules of the institution, including the rule forbidding the receiving of tips or special fees."

The awards were made as follows: Women

(Continued on Page 7)

new either in the medical profession or to people outside of the medical profession. We can read in books several hundred years old how to cure the rickets by being dipped in cold water. John Wesley, for example, in his interesting book, 'Primitive Physic,' says that to cure and prevent the rickets, the child should be dipped in cold water every morning; continue this practice for about a year and the child would be cured of rickets. That is a good remedy, because when a child has rickets it is generally intestinal autointoxication that produces it; it is intestinal infection which interferes with nutrition, and the poisons circulated through the body cause loss of appetite and prevent assimilation. The effect of cold water is to increase the flow of gastric juice; to increase the number of blood cells; to increase the assimilative processes of the body and so antagonize this disease of degeneration.

"I consider Brown-Sequard one of the most eminent physicians of modern times. I had the pleasure of spending some time with him in his laboratory about twenty years ago. Dr. Brown-Sequard, who contributed perhaps more than any other man to the advancement of physio-

(Continued on page 2)

ings, for the event was a huge success and every child went away happy, with appetite satisfied by good, wholesome food, and arms full of gifts and fruit, nuts and candy.

At 3:30 every little invited guest had arrived, and they marched, in company of nurses, down the long south corridor on the main floor into the big gymnasium, which had been converted into a veritable Christmas fairland by Florist Vandervoort. Full-berried holly, great branches of evergreens and Southern smilax had been used in profusion, and the east end showed the interior of a room, flanked on either side by tall Christmas trees. Here was the great brick fireplace down which Santa was to come, and it was of such generous proportions that there was no need for anxiety as to his comfort. The scene was met with silent wonder on the part of the little guests, who marched in eager-eyed and breathless. The simple program of songs and recitations, in which the little orphans of the Haskell Home took a prominent part, was soon over with, and the sound of the sleigh-bells announced the approach of the children's good saint. He bounced down with a clatter with his pack on his back, and more than one child, who had through sad experience in the

past doubted his existence, now was made certain of him. After securing their promises to be good for the entire year to come, he began handing out of his capacious pack the tops and balls and knives and dolls and books that he had brought from Santa Claus land, the children receiving the gifts joyfully, with open arms, while all about the balcony Sanitarium guests watched, some of them with eyes that were tear-bedimmed, remembering "departed days" when they, too, "believed in Santa Claus."

Following the distribution of gifts, the children were taken up to the south dining-room on the sixth floor, where a bountiful luncheon had been set for their enjoyment.

How they ate! No signs of indigestion there. What great pots of hot cocoa were consumed; what platters of sandwiches, what dozens of biscuits, what molds of jelly, and what quantities of apples and nuts and malaga grapes and orange cake! They were obviously hungry, but they were almost without exception well-mannered and would have done even the ultra-fastidious Mrs. Wiggs proud. When Dr. Kellogg appeared before them and wished them a Merry Christmas, there came back an instantaneous "Same to you" that was as hearty and as spontaneous as could have been expected from folk more accustomed to the amenities of society.

Of course there were many funny things said and done on all sides, but they only served to add to the merriment of the occasion. When the good doctor, following the impulse of the moment and observing their complete satisfaction with what had been set before them, inquired, "How many of you think you would be happier if there was a dead turkey on the table?" every hand shot up,—a result which was so unexpected that it quite turned the tables for a moment; but, ever resourceful, he reversed the question by asking if any one of them would feel worse to have a dead turkey on the table, and the response was equally generous.

Such a good time did they have that the little daughter of one of the staff physicians, who, with her mother, was an interested spectator, inquired wistfully, "Mama, do you think we will be poor enough next year to get in on this?"

As they left, some of them put half-eaten oranges and apples into gaping pockets, unwilling to miss even a part of the feast. One small boy requested politely that he be given "two extry apples" for his "lady friend." Another lad willingly left a handsome bunch of malaga grapes, which apparently were an unfamiliar delicacy to him, but insisted upon taking the bit of parsley that garnished his pressed vegetable meat.

In the evening the program for the guests and employees was well attended and offered many novel features. There was music by the orchestra, a solo by Mrs. L. E. Rice, a guest, a whistling solo by Mrs. E. Wells Ellsworth, a flute solo by Willard Learn, a baritone solo by Irving Steinel and a chorus rendition of "That Song of Old." Following this a dialogue was given in which Dr. Morse, sitting by the open fireplace, in which the flames were leaping high, appeared to read several items of news from the daily paper, among them being the announcement of the Cornwell prizes, elsewhere mentioned.

The appearance of Santa Claus down the chimney was as eagerly awaited by the older guests as it had been by the children a few hours previous, and they were tumultuous in their applause when the ten tiny elves, all dressed as snow sprites, appeared with a sled bearing a huge snowball. When the snowball was opened, the "joke" presents were found and distributed, together with those of a more substantial nature that had been hung on the

great trees and placed upon the nearby tables.

The Christmas day celebration comprised the Christmas dinner and the sacred concert in the chapel in the evening.

NATURE'S PROVISIONS

(Continued from page 1)

logic knowledge in certain lines, used to treat his patients in a way which no doubt seemed very queer to them. For example, a man would come into the office and say, 'Doctor, I have a sore throat: whenever I venture out of doors or expose myself the least bit, I get a sore throat.' What do you think the doctor would do to him? He would have him sit down in a chair and with a little sponge or wet towel he moistened the back of his neck, and then he set his servant at work blowing air upon the back of his neck with a pair of bellows. He would keep that up for half a minute. The next day the patient would return and the doctor would repeat the treatment daily, increasing the length of the application and moistening the neck and blowing cold air upon it until he was able to bear it for half an hour. That was sufficient assurance that he would not catch cold when some one opened a window for two or three minutes. That man was immune then against sore throat, because the back of his neck had been trained and so had become able to take care of itself.

"That is the source of all the trouble that comes from so-called taking cold. The cold, by the way, is not a cold at all; it is a heat instead of a cold. The ordinary cold is certainly a misnomer. One does not take cold but takes a heat; he gets a fever and he does not catch a cold at all, but the cold catches him, so the whole matter is wrong end foremost. The whole difficulty is that the skin lacks resistance. The wild Indian in the forest or on the plains does not take cold.

"Why does one take cold, anyway? Simply because the temperature of the blood—either the general temperature or the local temperature of the blood—is lowered. Now, you know if a man has headache and we put cold water on his head and keep putting on a cold cloth for several hours, or for several days if it is a chronic thing, frequently he will begin to complain, 'Doctor, my forehead is sore and is painful and I have neuralgic pains in it; the skin is sore; my flesh is sore.' Very often when a patient has a weak heart we put an ice bag over the heart, and after the bag has been placed there for half an hour two or three times a day for two or three weeks, that patient generally begins to complain of soreness in that region, 'Doctor, I have pain in my chest: what is the trouble?' It is a local rheumatism, called rheumatism for lack of a better term. It properly is not rheumatism, but simply a painful, sensitive condition, because the waste matters have accumulated in the nerves and other tissues and they have become abnormally sensitive. It is only an indication of what happens to the skin when the skin has not the power of resistance.

"If a person has been perspiring, we will say, or has been walking and is sweating, and sits down somewhere and lets the wind blow on him, after a while he begins to feel chilly. What is the trouble? When he was exercising, he was making heat all the while, his muscles were generating heat. A muscle is like a dynamo. It generates heat just as a dynamo generates electricity. Now, if a person perspires when he exercises, the reason is that he generates more heat than is needed to keep the body warm; so it is necessary that the body should be cooled off, and perspiration is simply the effort of the body to cool off. Bathing the

skin with water so as to produce evaporation is the cooling off of the skin. But when he sits down, the generation of heat ceases. It is like putting out a fire or blowing out a light. This extra generation of heat ceases, so the evaporation going on without any heat being produced and the evaporation still continuing because the skin is wet and the clothing containing the moisture for some time, causes a chilling of the body. If a person is not wearing clothing and the temperature is reduced, pretty soon there comes a chill, and then comes a shiver, and what is that? Simply an effort of nature to warm the body up. In order to warm the body up, the muscles are set into spasmodic contraction and there is shivering and sneezing, which is a kind of general spasm. If you want to help nature, the best way is to keep right on shivering.

"This is all simply a matter of developing the natural powers of resistance. The body does not lie down and give up when disease assails it. The body fights and it never gives up. Disease is never manifested in the body until the body has been overcome, until the natural forces of the body have been overcome. It is extremely interesting to see what wonderful provisions nature has made for protecting us against disease. Here is this wonderful skin, tough and impenetrable in the state of health, absolutely impenetrable to germs, the great enemies of life. The skin is not simply a membrane, a dead case in which the body is inclosed, but it is a live membrane. It is a barricade of living beings that are fighting for us, that are defending themselves. There are many millions in the skin, millions upon millions of little living cells that are watching for the germs that come. Some of these little cells build skin and some of them fight germs. The skin is continually covered with germs. This is true of the skin of every animal. Within twenty-four hours after the death of an animal these germs have spread all through it, so the germs that are found ordinarily upon the skin are found everywhere in the entire body, and are setting up putrefaction and various changes in the body. In life the cells of the body are fighting these germs off. Once in a while some of these germs get down deep under the skin,—and then you have a boil. That is why men have boils on the back of their neck and women do not, because their stiff, ugly collars rub the neck, chafe it and rub the germs in.

"The skin is the first wall, of you please, of resistance, particularly outside. We have a lining skin which is still more wonderful in its work in protecting the body against disease—the mucous membrane from the mouth all the way through the whole thirty feet of the alimentary canal and down through the lungs, over 2,000 square feet of pulmonary surface. If the lining membrane were stripped out of a pair of lungs and spread out, it would cover the entire floor of this room. This surface is covered all over with these life-protectors, layer upon layer of living cells, which have for their purpose to seek out the germs which we are taking in with the air which we breathe. The membrane which lines the interior of the body,—the lining skin, it is called, of the alimentary canal,—if spread out would cover a surface of seven square feet. This seven square feet is covered all over with these wonderful life-protectors, living germs which are fighting the germs of disease. It is like a citadel surrounded with a dozen rows of sentinels. If they get through the outer row, here is a second row. If they get through that, here is another; so the germs have to run the gauntlet of a hundred or more of these lines of life-preservers.

"But the mucous membrane has something more to do than to fight off these germs. For instance, here in the mouth is the saliva. The

saliva is not a germicide exactly, but germs cannot grow in healthy saliva; healthy saliva always contains germs, but the germs cannot grow there. That is the reason why a healthy man, a man whose blood is healthy and whose saliva is healthy, being made from healthy blood, does not have a coated tongue. His tongue is clean because the saliva will not permit germs to grow; but when this man's blood is impoverished the saliva becomes deteriorated, and when he goes to bed at night with his tongue pretty clean, he wakes up in the morning with his tongue looking as though it needed the city scavenger after it, and he has a horrible taste in his mouth, a slimy, cottony, loathsome taste, and he has a bad breath.

"When we get to the stomach, we find in the gastric juice a powerful germicide. It not only prevents germs from growing, but kills them, actually digests the germs, so that they are destroyed. So when one eats food which contains germs and the stomach is in a healthy state, he need not feel very much scared. A man who has hyperacidity, for example, has an excess of gastric juice; he can drink typhoid-fever water or cholera water or any other kind of infected water and it will not do him any harm, provided his stomach has food in it and has gastric juice in it. There is a very old supposition among the laity that a person will not likely take disease on a full stomach; that a person is much more likely to contract disease on an empty stomach, and that is perfectly true.

"Going further down, we find that the intestine pours out a large quantity of mucus which is protective. It prevents germs from coming in contact with the mucous membrane, and so prevents them from getting into the blood vessels and invading the body. When a person suffers from mucus discharges from the bowels, it is evidence that the body is fighting germs. It is not the mucus that does the harm. The mucus is evidence that the body is making a battle, and the mucus is the smoke of the battle. The mucous membrane is also a filter, and the poisons formed by these germs are filtered through this intestine, or the matters absorbed are filtered through it and the poisons are excluded, but by and by it is possible that the membrane may break down. There may be raw surfaces there, and then the poisons can get through and avoid this process of filtration.

"After the germs have been absorbed into the intestine from the blood, they are carried to the liver. It is the duty of the liver to filter out these germs. There are three lines of resistance to poisons. The mucous membrane of the intestine is first, the liver comes next, and then the kidneys and the thyroid gland and the suprarenal capsules. The intestinal mucous membrane filters the poisons out. When these germs come in contact with the liver, the liver destroys the poisons. For instance, the indol which is found in the intestine when it reaches the liver is converted into indican. Indol is a powerful poison, but indican is a non-poisonous substance, so the indican that is found in the urine of a person suffering from auto-intoxication is not a poisonous substance, but it is an indication that poisons have been produced, of which this is the remains after having been acted upon in the liver. Next we find the thyroid gland and the suprarenal capsules of the kidneys. The thyroid gland produces a substance which causes the suprarenal capsules to form an antitoxic substance which burns up the poisonous matters. The pancreas makes a digestive fluid which is also more or less protective. The spleen is also a protective organ; it destroys toxins and also destroys germs.

"The suprarenal capsule is one of the most wonderful structures in the entire body. It is only recently that its function has been discovered. It is now known that this suprarenal

capsule manufactures a substance which, when it circulates through the blood, has a power to destroy the poisons in the blood which have been absorbed from the intestine. But in order that the suprarenal capsule shall make these substances, it is necessary that the thyroid gland should do its duty. The thyroid gland produces a substance which, circulating in the blood, comes in contact with the suprarenal capsules and stimulates them to make their antitoxic substance, known as adrenalin.

"The blood is the great defender of the body in disease. The heart circulates the blood and aids the fighting of the body by sending around the white blood cells which do this wonderful work of combating germs. They fight the germs which assail the body, pick them up and actually digest them, so when a person is under the influence of a germ disease it is found that these germ-fighters or microphages rapidly increase in number, and that is what is known as leucocytosis. They increase in numbers so rapidly that they double in a few hours' time. For instance, if there are 7,000 in a millimeter, a little quantity of blood as big as the head of a pin, in three or four hours there will be 14,000, and in the course of twenty-four hours the number may go up to 100,000. Every little drop of blood in the entire body has that increased number of these germ-fighters. They have been increased in this great quantity for the purpose of fighting off the invading organisms which are the real cause of the disease. If there are enough of these white cells, the microphages, to cope with the germs which have assailed the body, the victory is on the side of the body. If there are not enough cells, if the body has lost its power to make white cells rapidly enough to keep up with the number of germs, then the germs get the victory and the patient dies. So you see how important it is that we should have these forces present in sufficient number and sufficiently active to make a successful battle."

LARGE AUDIENCE ATTENDS TUESDAY NIGHT CONCERT

A LARGE audience attended the Tuesday evening concert given in the Sanitarium parlor by the Sanitarium Orchestra assisted by Prof. W. S. Columbus of Albion College Conservatory and Mr. Irving Steinel. Professor Columbus is a brilliant pianist, and his appearance on the program was warmly appreciated by the audience, which applauded him generously. Mr. Steinel pleased his many old friends with a rendition of Dudley Buck's Sunset and Herbert's Gypsy Love Song. The orchestra was in fine trim and gave several favorite selections. The following is the program rendered:—

March—Entry of the Gladiators.....Fucik
Waltzes—'Faust'.....Gounod
(a) Sunset.....Buck
(b) Gypsy Love Song.....Herbert

MR. STEINEL

Polish Dance.....Scharwenka
(a) Trille Etude.....Bohm
(b) Album Leaf.....Merkel
(c) Valse Arabesque.....Lack

MR. COLUMBUS

Salut d'Amour.....Elgar
Characteristic Piece—Charge of the
Hussars.....Spindler

He prayeth best who loveth best
All things both great and small;
For the dear God who loveth us
He made and loveth all.

—Coleridge.

British Subjects Celebrate Christmas

Over One Hundred Members of Local
League Gather to Make Merry
and Toast the King

THE Christmas celebration of the British Empire league was a huge success, attended by some one hundred British subjects. The affair was held in West hall parlors, which were elaborately decorated with Christmas greens, Union Jacks and colonial flags. A handsome Christmas tree laden with gifts occupied one side of the room, and as the guests entered they were greeted by a crackling hearth fire and the familiar aromatic odors of plum pudding, which was later served as the *pièce de resistance* of the refreshments.

In the absence of Dr. Dowkontt, who was indisposed, Mr. J. Robinson presided as chairman of the evening. An informal program of songs, stories and addresses was given by the members. Dr. Joseph Clark of the Congo made a short speech, telling of the great need for medical missionaries in that district, who would bring not only help for the body but would carry the Christmas story into the darkness of heathendom. At the conclusion of the program a Christmas carol, composed by S. J. Ross, a medical student, was rendered by the British League Glee club. As the last chorus was being sung, four young men bore in as many steaming plum puddings, decorated with holly and British flags. The pudding was served from small side-tables by four young women.

An interesting and mirth-provoking feature of the evening was the mock clinic conducted by Dr. Benton Colver. A hat-trimming contest for the men doctors, both students and graduates, also proved a source of great amusement to the onlookers. The prize for the latter was awarded to Dr. Paul Roth. The evening closed with the singing of "God Save the King" and "Auld Lang Syne."



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If you don't feel right, ten chances to one you trace it to your stomach, and from that to your food. Food right—stomach right. Stomach right—health right. Health right—all right.
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Six Months	.50
Three Months	.25
Per Copy	.02

VOL. II DECEMBER 31, 1908 No. 4

A PUBLIC HEALTH SCHOOL

A COMMITTEE of scientists, physicians and economists has been appointed by President Butler of Columbia University to investigate the matter of a School of Sanitary Science and Public Health. If the report of the committee is favorable to the establishment of such a faculty, it will be the first movement of its kind in the United States. The chairman of the committee is Dr. Norman E. Ditman of the College of Physicians and Surgeons.

The aims of the school have been partially determined. Two courses of instruction will be offered, the one leading up to the degree of Public Health Officer, the other presenting a certificate after a shorter course of study in the work of sanitary inspection.

The prevention of tuberculosis, milk inspection, dangerous occupations, water and ice supplies, public baths, tenement house sanitation, street cleaning, and river pollution are a few of the studies the students in the sanitation course would take up.

It would seem that the committee could hardly avoid returning a favorable report on so important a matter and one which is so thoroughly in keeping with the spirit of the times. It is such a work as this that the president and the Committee of One Hundred has urged. A few months ago, at the meeting of the American Medical Association, prophylaxis was the keynote. No body of people knows better than the doctors the great need for preventive measures. It is through the physicians and the more wideawake public that the people are to be made to see this need. The increased interest taken in milk inspection, tenement sanitation, the pollution of streams, the importation of tubercular cattle, street cleaning and the numerous other sanitary measures is a hopeful indication of what may be accomplished in the next decade if such schools as the president of Columbia suggests are established.

Here may be trained medical lecturers, visiting nurses and inspectors for the schools and neighborhoods where these are most needed, in addition to the public health officers. It is such education as this for which the Battle Creek IDEA stands. The great Health University, as the Sanitarium has been aptly called, instructs on the average six thousand persons a year in regard to how they should eat, sleep, exercise and otherwise take care of their bodies. There is probably no other institution in the country that has done so much for the spread

of interest in hygiene among the laity. Her lecturers go about the country visiting the great Chautauquas and teaching, in language that can be understood, the scientific principles that underlie good health. Thousands of copies of her health magazines and papers go throughout the country each month, while the weekly attendance of the health lectures given at the Sanitarium is always large and the audience always receptive. Many people, not ill, come to learn how to care for themselves and their families and return home imbued with a desire to live right and to spread the gospel of good health. The president of Columbia is to be congratulated on the stand which he has taken. Here's a New Year's greeting and all good wishes to the proposed School of Sanitary Science and Public Health.

SENATOR DEPEW AND LONGEVITY

IN celebrating his 74th birthday recently as a guest of the Montauk Club of Brooklyn, Senator Depew disclosed many of the secrets which had enabled him to live so long, and grow *New York Press*. Doubtless the Senator is confident that he will grow more vigorous and powerful with each day as long as he restricts himself to a vegetarian diet. He advocated such a regimen.

"I date my freedom from almost chronic rheumatism to the day when I stopped eating beef," said Depew, "and sleep, digestion and clarified vision, such as I had never known before, have kept increasing as I dismissed flesh and fowl for vegetables. With nine-tenths of the world the greatest happiness in life is the table piled with the things one loves to eat and drink, and the pleasures of a gorge. But for that, from my experience, the hospital and the graveyard would be largely out of business."

Cleanliness was another point that the Senator discussed. Because people were not clean in Shakespeare's age, the Senator said, the great poet was moved to write of the seventh age of man "sans teeth," and so on. Depew did not think that old age of to-day was afflicted with such qualities as Shakespeare had described. He added:

"The Senate illustrates the preservation of vigor by the habits of to-day. Alabama's two great Senators, one at 86 and the other at 84, Morgan and Pettus, who died last session, were to the end famous for physical and intellectual energy. There are three Senators of 80 who are heads of great committees and surpass all the youngsters in the amount and value of the work they do."

FOR THE NEW YEAR

BUILD thee more stately mansions, O my soul,
As the swift seasons roll;
Leave thy low-vaulted past!
Let each new temple, nobler than the last,
Shut thee from heaven with a dome more vast,
Till thou at last art free;
Leaving thine outgrown shell by life's unresting sea.

—O. W. Holmes.

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As a Christmas specialty we are packing one and one-half pounds of these delicious confections in a handsome illuminated box. Shipped to any express office in the United States, transportation prepaid, for only \$1.25.

Remember, the Holiday season is a busy one,—send us your orders early.

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QUESTION BOX DEPARTMENT

EACH Monday evening, Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. Which is best to drink in the morning, hot or cold water?

A. That depends on what is the matter with you. If you have hypochlorhydria drink cold water; if you have hyperchlorhydria drink hot water, but not very much of it. Half a glass of hot water a half hour before breakfast.

Q. What causes a person to feel hungry after a good meal and taking pains to fletcherize very thoroughly and giving a whole hour to the meal?

A. Probably an excessive production of hydrochloric acid.

Q. What is good for biliousness, and what is the cause?

A. Biliousness is autointoxication. It is simply a state of poisoning from the food-stuffs in the intestines which have been discharged from the body but have been retained for too long a time until putrefaction takes place. The cure is to secure more rapid translocation of the food substances through the body and to avoid foods which decay easily, such as meat and eggs.

Q. I have a stiff neck of three weeks' duration. What can I do for it?

A. A fomentation and a heating compress, good thorough massage, with sinusoidal current or static electricity, or a high frequency current, should be sufficient to remove that.

Q. Please tell what you would do for a woman who has had asthma for years and has had it every day.

A. I should tell her she has got intestinal autointoxication, probably. The application of the Battle Creek Sanitarium dietary and simple treatment—a wet cloth upon her chest covered with a dry flannel will bring relief. Poisons formed in the colon and taken into the blood and excreted through the lungs irritate the mucous membrane of the lungs, causing a spasm of the lungs and the small air tubes, so that when the air is taken in it can not get out, and that is asthma.

Q. What is the first symptom of kidney or Bright's disease?

A. The first symptom is blood pressure. If you have a blood pressure of 140 you may be pretty sure you have kidney trouble. If they are not already diseased by the condition known as Bright's disease, they are getting old and ready for that condition.

Q. Explain why a person with inactive bowels, very sluggish bowels, should never have a headache, such as my case.

A. Because he has an extra good liver and kidneys, and the poisons are carried out fast enough so the head is not irritated. Possibly you are not as sensitive as other people.

Q. Does flushing of the colon cause prolapse of the rectum and ultimately cause piles?

A. It may sometimes, especially when warm water is used continuously.

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Q. What is best for pain in the bowels?

A. Heat or cold. Heat is the best thing for pain. Heat is the remedy for pain unless the pain is superficial pain and due to inflammation, and then cold is sometimes better.

Q. What treatment will remove lumbago?

A. A very hot bath. Fill the tub with about six inches of hot water, water at 112 degrees, then get into it. Let more of the water in gradually until the legs look like boiled lobsters. Then have some water at 80 degrees poured over the body, and go to bed. Repeat it every three hours for a day or two, or three days if necessary. Generally two or three treatments will relieve it.

Q. What is the best remedy for slow digestion?

A. Correction of the dietary. Eat digestible foods. Take pains to chew the food very thoroughly. Live an active, outdoor life. A moist abdominal bandage and sometimes a fomentation applied once or twice a day are beneficial.

Q. Should bananas be scraped in order to be digestible?

A. Yes, if they are very stringy. If the outside of the banana is removed the fruit will be found to be digestible. The best way is to put it through a colander. Banana pulp prepared in this way is thoroughly digestible.

Q. What causes cracking at the base of the brain?

A. It is the slipping of a tendon or cartilage, or one cartilage passing over another.

Q. What is the meaning of intestinal autointoxication?

A. It is absorption of poisons from the intestines which have been produced by the decaying of foodstuffs.

Q. Is there any nourishment in grapes?

A. No, not very much; about ten per cent.

Q. Does uric acid in the blood cause rheumatism?

A. I used to think it did, but now I think it does not. It is these decaying poisons which come from decaying proteins and flesh foods that cause rheumatism.

Q. What causes a heavy feeling an hour and a half after eating, after fletcherizing thoroughly?

A. Possibly overeating. Possibly an irritation of the mucous membrane of the stomach. It may be an excessive formation of gastric juice. The best remedy is to drink a little hot water and lie down and keep quiet after meals. Drink the hot water at the end of an hour and not immediately after meals unless it is necessary to do so.

THE minister had just been giving the class a lesson on the Prodigal Son. At the finish, to test what attention had been paid to his teaching, he asked, "Who was sorry that the Prodigal had returned?" The most forward youngster in the class breathlessly answered, "The fatted calf!"

A GRACE

ONCE more around this festal board

We come Thy name to praise,
And thank Thee for Thy goodness, Lord,
That crowneth all our days:
For life and health and daily food,
For friends and kindred dear,
For all the way Thy hand hath led
Throughout another year.

Be with us still to bless, O Lord,
In all the days to come,
And sanctify to us, we pray,
The joys of hearth and home;
May thought and word and deed express
The love we owe to Thee,
And thus may every day of life
A glad Thanksgiving be.

AMEN.

—From "Grace Before Meals," by Wm. L. Curtis.

"What diagnosis did the doctor make of your wife's illness?"

"Said she is suffering from overwork."

"Is that so?"

"Yes; yes he looked at her tongue and reached that decision immediately."—*Detroit Free Press.*

The Battle Creek Sanitarium & Hospital Training School for Nurses

Offers exceptional advantages to young men and young women who desire to fit themselves for the work of a trained nurse.

Besides the regular hospital training, thorough training is given in Hydrotherapy, Massage, Manual Swedish Movements and all physiologic methods peculiar to the Sanitarium, and is each a training in itself and found almost exclusively in our work.

Classes are organized April 1 and October 1. Applications are received whenever vacancies occur.

For further information or particulars regarding the school, address the

Battle Creek Sanitarium & Hospital Training School

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A GLAD heart maketh a cheerful countenance.
—Proverbs 15: 13.

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BATTLE CREEK, MICHIGAN

CHRISTMAS MISSIONARY CONFERENCE

THE usual Sunday afternoon missionary prayer and conference meeting was conducted by Dr. Dowkontt in East Hall parlor. Missionaries were present from India, China, Africa, Japan, Turkey and other lands. The Rev. Dr. Allen (Congregational) opened the meeting with prayer, and after the singing of the hymn, "It Came Upon a Midnight Clear," the leader read from the second chapter of Matthew, and pointed out the striking fact that, whereas the Jews alone possessed the knowledge regarding the Christ being born at Bethlehem, and imparted it to the wise men and to Herod, who believed and acted upon the information, they alone did not believe and act upon it.

Prof. Benjamin Chappell (Methodist), of Tokio, Japan, then spoke of the religions of the east, and pointed out that while they contained much that was good, the wise men came from the east to Bethlehem and worshiped the Christ of God, their own religion failing to satisfy them, even as it is to-day, in keeping with the words that "there is none other name on earth given among men whereby we must be saved." After a hymn, "Jesus Shall Reign Where'er the Sun," the meeting closed with a prayer offered by the Rev. Dr. Lawrence, of the Free Baptist church, Cleveland.

"You can never fight a man's foes unless you are his friend."

ARRIVALS

THE list of arrivals for the week ending Dec. 28 is as follows: Miss E. M. Hineline; Samuel Hurpin, N. Y.; O. L. Bristol and wife; Mrs. Julia Conroy, O.; F. C. Lawrence, O.; William Chambers, O.; Mrs. M. J. O'Donnell, O.; Miss E. F. Nelson, O.; Miss B. L. Babcock, city; Mrs. Rose Woodallen Chapman, N. Y.; Walt Goodwin, Ill.; W. E. Newark, Mich.; Mr. and Mrs. James N. Ritchie, Wash.; Christ Krall, Mich.; Frank Quick, Ind.; M. Butler, Tex.; T. J. Butler, Tex.; Rev. and Mrs. A. B. Allen, O.; Miss Lizzie C. Tainsch, O.; Mary Ferguson, Mich.; Susan Ferguson, Mich.; D. M. Weaver and wife, O.; C. M. Davis, N. Y.; Thomas R. Reed, Wis.; A. J. Reed, Wis.; Edwin M. Randall, Ill.; Eugene L. Lewis, O.; M. C. Longenecher, O.; M. H. Leane; Luther Upson, N. Y.; Charles W. Johnson, Wis.; James Kenan, Ill.; Eben Jones, Ill.; Mrs. O. A. Anderson, N. D.; Mrs. Ed Brandt, O.; L. E. Loda, Mexico; J. W. Beebe, Ill.; W. W. Parsons, Mich.; Joseph Clark, Congo Free State; Cora M. White, Pa.; Mr. and Mrs. William Connelly, Ill.; A. W. Shanon, Mich.; George Buckhard, Mich.; J. L. O'Bannon, Ind.; Albert J. Bulleit, Ind.; T. W. Schmidt, Ind.; Beryl Smyth, O.; J. L. Rumery, Mich.; Kate Rumery, Mich.; Gordon McCall Clark, Mich.; Lillian M. Sutton, Mich.; E. C. D'Yarnett, Okla.; Emily G. Thomas, Ill.; T. H. Hunter, Ia.; Gladys Hunter, Ia.; George R. Swallow and wife, Col.; W. D. Lummis, Toronto, Canada; Fred H. Rogers, Mrs. Fred Rogers, Mich.; Mrs. R. C. Ross, Canada; E. G. Levings, Ill.; Bessie Andrews, Ill.; Lewis McKeown, Ky.; R. D. Palmer and wife, O.; Lina Boyd Porter, Boston; Miss Laura R. Frazeur; Glen Killingbeck, T. B. Killingbeck, Mich.; Bertha Adelsperger, Ind.; Mrs. W. H. Jones, O.; Elizabeth Moyler and son, O.; Burton J. Vincent, Mich.; F. X. Kohlman, Ill.; F. Z. Miller, Ill.; H. Bolmer, Ill.; D. S. Nelrick, N. Y.; C. M. Oakley, Mich.; Miss Kate Russell, Mich.; Dr. and Mrs. J. H. Barnhart, N. Y.; Mr. and Mrs. G. W. Russell, Mich.; W. J. Smith, city; Evangeline Lynch, Ill.; R. L. Williams, M. D., Wis.; M. Ferguson and wife, Mich.; Mrs. Irving Fisher, Miss Margaret Fisher, Conn.; R. S. Cummings, M. D., Cal.; Mrs. D. F. Myers, Ill.; Mrs. George Schmidt, Wis.; Sam Blumenthal, Mich.; Mary E. Downie, Ill.; W. Belle Drake, Ill.; H. C. Owens and wife, O.

THE LAUGHTER CURE

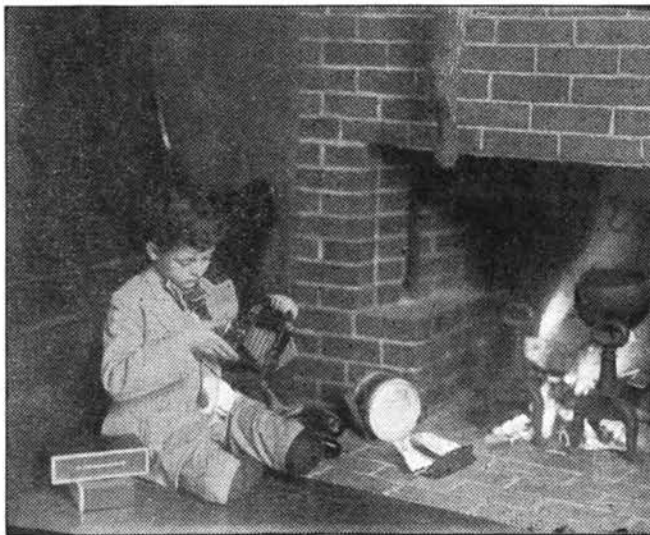
It is very rare to see a dyspeptic who indulges frequently in laughter. The jolly person is usually plump. The reason is both mental and physiological. The effect of the mental state on the digestive tract is important. It is well known that a cheerful frame of mind helps a meal along in the right way just as nervous excitement, gloom, anger and vexation retard it.

But the physical act of laughing has an effect, too. Laugh and notice what you do. The diaphragm is raised and lowered rather violently. This massages all the abdominal organs besides expanding the lungs. This is why a laugh is a good thing for the laugher.—Exchange.

"THOU shalt know him when he comes
Not by any din of drums,
Nor the vantage of his airs;
Neither by his crown,
Nor his gown,
Nor by anything he wears.
He shall only well known be
By the holy harmony
That his coming makes in thee!"

Original from

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Your boys or girls can make good pictures with a Kodak or Brownie Camera. There's nothing that will give them greater delight,—nothing that will retain their interest longer.

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BROWNIE CAMERAS, \$1.00 to \$9.00

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Palm Garden Pharmacy, Sanitarium

CORNWELL AWARDS

(Continued from Page 1)

nurses' department—Miss Ida Lahey, \$70; Miss Luonie McCracken, \$50; Miss Florence Dye, \$30. Men nurses' department—D. N. H. Quinn, \$70; H. Hulander, \$50; J. C. Williamson, \$30.

The announcement of the committee on awards was made by Dr. Morse and received with loud applause by the audience.

News Notes

Mr. and Mrs. H. C. Owens, of Dayton, O., are visiting their son and daughter, Dr. Louie Vandervoort and C. M. Vandervoort.

Dr. R. S. Cummings, a graduate of the A. M. M. C., class of '04, arrived here from San Diego this week and will remain for a short time visiting among his old friends.

Miss Clara Radabaugh has returned from her home in Ottawa, O., where she was called by the illness and death of her father. She will rejoin the senior medical class early in January in Chicago.

Miss Lenna Cooper, of the Domestic Science department, left Monday for Washington to attend the Lake Placid Home Economics convention. She will be joined there by Dr. Carolyn Geisel.

B. G. Stephenson is spending the holidays at his home in Toronto, being called there by the critical illness of his father. His sister, Mrs. C. C. Creegan, who spent many months here last year, is also in Toronto.

Miss Steinel entertained the C. C.'s at the home of Mr. and Mrs. Alfred Steinel Wednesday evening. The affair was in the nature of a children's Christmas party, all the guests coming in child attire. A real Santa Claus and a Christmas tree loaded with gifts for the young things formed part of the entertainment. The affair proved very mirth provoking and was one of the most enjoyable meetings the club has ever had. Suitable refreshments were served and the decorations were in keeping with the season and the occasion.

Dr. David Paulson came up from Chicago on Tuesday morning to remain for a few days, during which time he will attend the annual meeting of the Sanitarium board. Dr. Paulson is superintendent of the Hinsdale Sanitarium, which is carrying on a splendid work just outside of Chicago. They have recently broken ground for a three-story addition to the present building. The addition will give them a new parlor, new dining-room and office and fifty additional bedrooms. They expect to have it ready for the summer season.

Mr. Lewis Cass Leake and a party of young folk from the Sanitarium, consisting of Misses Thompson, Coon, Hoenes and Ralph DeVault, brought happiness to the hearts of the prisoners at the Marshall county jail, Christmas day. A program of hymns, recitations, and a short scripture talk by Mr. Leake was given, and at the conclusion of the program they served a pleasing little luncheon, brought from the Sanitarium. For nearly two years Mr. Leake has been a weekly visitor to the jail, where he talks to them of things spiritual and gives them practical aid by keeping them in touch with their home folk. The prisoners now number thirty-five men and one woman.

Thirty-two Sanitarium babies were made richer this Christmas through the generosity of Mr. D. K. Cornwell, who has established the custom of presenting five dollars to each baby at Christmas time. When he began to do this there were but a few children on the list but each year the number has increased until this year it reached thirty-two. The money is given to them as a savings deposit, and goes to the children of the physicians and nurses of the staff.

Those who had the pleasure of hearing the Gavin Spence Entertainers on their last visit to the Sanitarium will welcome the news of their arrival this week. Mr. Gavin Spence, tenor and entertainer; Miss Nannie Strachan, soprano, and Miss Maude S. Kerr, violinist, of Glasgow, will give their famous entertainment in the gymnasium Saturday night. It will be a genuine Scottish program, with songs and stories dear to all lovers of Scotia. The entertainers are all artists, and as they are well known here, with the exception of Miss Kerr, who has recently joined them, they will undoubtedly meet with a large audience. They arrive on Friday and will remain over Sunday.

The Sanitarium management has been so successful as to secure Miss Clara Clemens, daughter of Mark Twain, for a concert recital for Jan. 9. Miss Clemens has been winning laurels abroad and has just returned for a tour of her home country. She has a rich contralto voice that has won warm praise from the critics, and the recital will be eagerly anticipated by the Sanitarium guests and employees. Assisting her is Miss Marie Nichols, a skilful violinist of Boston, and Mr. Charles E. Wark, pianist. The program will offer a pleasing variety and will be designed to exploit the versatility of the two young artists. Tickets of general admission will be 35 cents; reserved seats, 50 cents.

"In the use of uncooked foods, special care must be given to mastication. Persons suffering from dilatation of the stomach, diminished gastric motility, and especially those in whom obstruction of the pylorus exists, in eating uncooked foods should be careful to exclude such portions as can not be reduced to a liquid or pasty state in the mouth. Another hint that may be of service the writer owes to an intelligent nurse who has experimented quite extensively with a raw dietary. When fresh, raw fruits are not readily obtainable, dried fruits such as prunes, apricots, peaches, and pears may be brought to a state closely resembling the fresh state by soaking from twelve to twenty-four hours in water. They may be steeped at a temperature of 130° F. without impairing their dietetic properties."—Good Health.

It is better to desire the things that we have, than to have the things that we desire.—Henry Van Dyke.

INFORMAL RECEPTION NEW YEAR'S DAY

Guests to Share in the Hospitality of the Occasion; Hours from 2 to 4.

PLANS have been made for an informal New Year's reception to be held in the main parlor New Year's afternoon from 2 to 4. There will be music by the orchestra, which will be stationed in the west parlor. Light refreshments will be served in the east parlor. The receiving line will include several of the members of the medical staff and their wives and well-known guests.

A New Year's dinner will be served at the usual hour, the following being the menu:—

M E N U

Cream Tomato Soup	Vegetable Soup
Roast Protose—Dressing	Apple Fritters
Rice a la Carolina	
Baked Potatoes—Bechamel Sauce	Parisian Potatoes
Asparagus Tips on Toast	Green Lima Beans
Baked Onions	Celery
Fruit Salad	Lettuce—Lemon
Whole Wheat Bread	White Bread
Graham Bread	Butter
Pear Sauce	Apple Sauce
Stewed Figs	Malt Honey
Apple Juices	Caramel Cereal
Sanitas Cocoa	Hot Malted Nuts
Caramel Custard	Orange Cake
Apples	Malaga Grapes
	Oranges

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PERSONALS

Mr. John F. McLaren, of Coleraine, Minn., is a newly arrived guest.

Mrs. D. M. Weaver, of Leipsic, O., is a recently arrived patient.

Miss Laura R. Frazee, of Chicago, is spending the holiday week here.

Judge McKeown has returned to Kentucky, after a visit with Mrs. McKeown.

Mr. Eben Jones, a retired banker of Decatur, Ill., is a patient at the institution.

Mr. W. H. Taylor has returned from Chicago, where he spent Christmas with his son.

Mr. and Mrs. Ford H. Rogers, of Detroit, are newly arrived patients at the Sanitarium.

Mrs. A. C. Nicholas left for home Tuesday, after a stay of some weeks at the Sanitarium.

Miss Evangeline Lynch, of Chicago, is spending her Christmas vacation at the Sanitarium.

Mr. and Mrs. R. D. Palmer, of Columbus, O., are newly arrived guests at the institution this week.

Mrs. Mary Downie returned Monday night from Evanston, where she spent Christmas with relatives.

Mrs. R. C. Ross, of Saskatchewan, Canada, arrived this week and will remain for some time as a patient.

Mrs. Moyler and son Jack, of Columbus, O., have returned, accompanied by Mrs. Moyler's mother, Mrs. W. H. Jones.

Miss Bertha Adelsperger, of Notre Dame, Ind., is making a brief visit at the institution during her holiday vacation.

Dr. Elmer L. Eggleston and Joseph Ward went to Chicago Tuesday to spend a few days in consultation with specialists.

The Rev. Joseph Clark, of the Congo Free State, has returned to the Sanitarium and is being welcomed by old friends.

Dr. W. Belle Drake, for some years missionary to Egypt, arrived at the Sanitarium this week for rest and recuperation.

Prof. F. J. Miller, who occupies the chair of Latin at Chicago University, is spending his vacation week at the Sanitarium.

Mr. L. P. Porter, of Brookline, Mass., is paying a visit to the institution, and will remain some weeks for treatments.

Miss Kate Rumery, of Hopkins Station, accompanied her father to the institution this week. He will remain for treatment.

T. H. Hunter and sister, Gladys Hunter, of Des Moines, Ia., spent Christmas week with their mother, who is a patient here.

Mr. A. J. Reid and his brother, Thomas B. Reid, editors of the *Appleton Post*, of Appleton, Wis., are guests at the institution.

Col. M. Butler, accompanied by his son, T. J. Butler, arrived here this week from Austin, Tex. Col. Butler will remain as a patient.

Mr. Thomas Levings returned on Monday to his home in Rockford, Ill., after spending Christmas with Mrs. Levings, who is a patient here.

Mr. Burton J. Vincent, principal of Spring Arbor Academy, returned Saturday for further treatment, after spending Christmas day with his family.

Mr. W. D. Lummis, of Toronto, Canada, spent Christmas with his wife and daughter, who are patients here. He returned on Monday, accompanied by Miss Lummis.

Dr. and Mrs. J. H. Barnhart, of New York, arrived this week and will remain for some time as patients. Mrs. Barnhart was a patient here for several months last year.

Mrs. Irving Fisher and Miss Margaret Fisher, wife and daughter of Prof. Irving Fisher of Yale University, are spending the holiday week at the Sanitarium.

Col. and Mrs. George R. Swallow, of Denver, Col., are paying a visit to the Sanitarium. Mrs. Swallow first visited the institution twenty years ago and has been its warm friend ever since.

Mr. E. C. D'Yarmett, of Bartlesville, Okla., arrived Christmas eve to spend the holidays with Mrs. D'Yarmett, but was called home by telegram and Mrs. D'Yarmett accompanied him, leaving on Christmas day.

The Rev. and Mrs. A. B. Allen, of Oberlin, O., are paying a visit to the Sanitarium. Mr. and Mrs. Allen are well known among the missionary contingent, as they have for some years conducted a school in Oberlin for the children of foreign missionaries.

Mr. and Mrs. James M. Ritchie, of Seattle, Wash., are spending the holidays here, en route west, after a protracted visit in New York and other eastern cities. Mrs. Ritchie will be remembered as Miss Grace Smith, for some time physical instructor at the Sanitarium.

"THE best prayers are the ones that take longest to learn."

STRIVING

Use thy powers unto the uttermost;
Let no talent dormant lie;
That thou hast not greater glory
Do not sorrow, do not sigh;
Not accomplishment, but striving,
Is the virtue, child of earth,
And thy striving, here or elsewhere,
Into glory must have birth.

—Elizabeth Baker Bohan.

"You seem to cough with more difficulty today than yesterday," the physician said.
"That is strange," murmured the patient,
"for I was practicing all last night."

1909

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L. A. DUDLEY COMPANY,

6 West Main Street

THE BATTLE CREEK IDEA

VOL. II, No. 5.

BATTLE CREEK, MICH., JANUARY 7, 1909.

PRICE, 2 CENTS.

MEDICAL MISSIONARY CONFERENCE TO BE HELD

Many Distinguished Missionaries from
Foreign Fields to Participate
in Notable Gathering

PROGRAM OUTLINED

THE first three-day Medical Missionary conference ever held in this country will convene at the Sanitarium Jan. 19, lasting through the 21st. Prominent medical missionaries whose names stand at the fore in foreign mission work will be present and participate in the program, among them being Dr. Wilfred Grenfell, of Labrador, the venerable Dr. R. H. Nassau, of West Africa, Dr. James C. Hepburn, of China, and others. Thirty foreign missionaries are staying at the Sanitarium at the present time and will assist in the welcome and entertainment of the guests, who will be invited to remain at the Sanitarium for a week. The following is the tentative program:—

TUESDAY AFTERNOON.

- 1:00—General reception.
- 1:30—Luncheon.
- 2:30—Prayer session.
- 3:00 to 5:00—Words of welcome and responses.
(2) Roll call of departed medical missionary heroes, from both sides of the Atlantic. (3) Reminiscences of same, and tribute to their work and memory.
- 7:30 to 9:30—Medical missions as an evangelizing agency in many lands.

(Continued on page 3)

Fundamental Health Truths

Dr. David Paulson of Chicago Tells Sanitarium Audience of Rules Known
Since Golden Age of Greece

HABITS MAKE OR MAR HEALTH

DR. DAVID PAULSON, superintendent of the Hinsdale Sanitarium, spent a few days at the Sanitarium the past week, and on Thursday evening lectured before a large audience of Sanitarium guests in the main parlor. He gave an interesting account of the beginnings of medical knowledge and quoted from Hippocrates, the father of medicine, who lived about 450 B. C., to prove that while fads, theories and notions change with each generation, fundamental truths remain the same in all ages and have always been the common property of sensible and truth-loving people. Hippocrates, he said, lived in the golden age of Greek life and

(Continued on page 5)

MODERN MEDICINE HAS NEW MANAGER

Charles M. Roe of Philadelphia Arrives to
Take Charge of Publications
and School of Health

PRAISES COMMON SENSE METHODS

WE are glad to welcome to our midst Mr. Charles M. Roe and family, of Philadelphia. Mr. Roe has for the past twenty years been business manager of the American Baptist Publication Society of Philadelphia, an establishment with five large branch houses, which issues twenty-seven periodicals and a large number of books and pamphlets annually. He comes to the Sanitarium to assume the active management of the Modern Medicine Publishing Company and the Battle Creek University of Health. Mr. Roe first visited the Sanitarium and be-



CHARLES M. ROE

came interested in its principles some thirteen years ago. "It at once appealed to me," said he, in speaking of the event, "from the thoroughly practical and common-sense treatment of the entire subject of health. I realized then that it had a great future, and I am not at all surprised at its tremendous growth. We are now entering upon a new era in which this great problem of the national health is touching all thinking people. The treatment of the subject here at the Sanitarium has a breadth that is equaled nowhere else in the country. Here they do not follow one fad or whim, but give to the world a well-rounded and rational method of conserving and improving health. Its common-sense method is what has given it the great following that it has to-day and is what will win for it unlimited opportunities in the future."

(Continued on page 3)

WHAT MAY BE DONE FOR A HYPERCHLORHYDRIAC

Dr. J. H. Kellogg Tells Patients the Proper
Diet to Reduce This Troublesome
Stomach Disorder

MEATS MUST BE AVOIDED

"SOME one asks if there is an yhope for a hyperchlorhydriac. There certainly is. There is great hope. In fact, there is a great deal more hope than there is for a hypochlorhydriac who is very low down. When you have worked up too much speed, you can put on the brakes, and it is a great deal easier to put on the brakes than it is to get steam up. It is much easier because there are natural forces we can bring to bear to lessen pressure, to lessen energy; but to furnish steam, to furnish energy—that is quite another thing.

"If a person's stomach has the habit of making too much hydrochloric acid, it is not a difficult thing at all to cool that stomach down, to train it down to doing a proper amount of work. But when the stomach has lost its capacity to make hydrochloric acid, when the glands which secrete pepsin and the glands which make hydrochloric acid have undergone atrophy or degeneration so that they have disappeared, it is always a difficult case. To increase the amount of hydrochloric acid is a hard problem, and when the power is entirely gone, it generally can not be restored; but

(Continued on page 2)

Nutrition Expert Visits Sanitarium

Prof. Francis Benedict of the Nutrition
Laboratory, Boston, Stops off En
Route to Madison

CO-WORKER WITH ATWATER

A DISTINGUISHED visitor to the Sanitarium the past week has been the eminent Prof. Francis G. Benedict of Boston. Professor Benedict is at the head of the new Nutrition Laboratory of the Carnegie Institute. For some years his name has been connected with the noteworthy respiration experiments made by himself and Dr. Atwater at Wesleyan University, by the light of which it is now possible with accuracy to regulate the balance between the intake and output of energy in the human body. By means of the famous box calorimeter, Professor Benedict and his associates are able to determine the exact amount of oxygen used by the body

(Continued on page 6)

FOR A HYPERCHLORHYDRIAC

(Continued from page 1)

when a person's stomach makes too much hydrochloric acid and too much pepsin, it only requires proper diet and proper management to restore the patient to a normal condition.

"In prescribing diet for such a patient, it is better to name the foods which he ought not to eat than to name a few foods which he ought to eat. In the first place he must not eat any meat at all or any kind of flesh food. Of all substances known, flesh foods excite the stomach most. We know that from actual proof, from the experiments of Pawlow, the great St. Petersburg physiologist. I know him personally, have been in his laboratory, and have seen his experiments repeated; they were done for my special benefit, so that I might see them. When I reached the laboratory, Professor Pawlow said to me, 'Come on a certain day and everything shall be at your disposal'; so I was on time, and from that time on, so long as I remained in St. Petersburg, his laboratory and his assistants were at my command to do whatever I wished to have them do and to repeat whatever experiments I wanted repeated. Each day we made out a program for the next day, and I would find all the assistants on hand waiting for me in the morning to do exactly what I was anxious to see.

"Professor Pawlow had a lot of dogs he had performed operations upon, so as to make it possible to observe the internal operations with a great degree of accuracy. Three hundred years ago nobody knew anything at all about digestion; but one hundred years ago a fortunate accident occurred,—I say a fortunate accident,—it was really fortunate for the human race. Up at the north end of Michigan, on the island of Mackinac, there was a Canadian sailor who was working there in the capacity of a hunter for the North American Fur Company. One day, after starting out to shoot duck, in getting out of his canoe, in some way his gun, which was loaded with duck-shot, was fired off within a few feet of his body and the full charge was received right upon his stomach. Coming from the side, it carried away the front of his abdomen; a large piece as big as the hand was torn right away from the abdominal wall, so that when he was brought to Dr. Beaumont, the surgeon of the post, he found the man with the most terrific wound. Here was this poor fellow with the abdominal wall torn away, and the front portion of the wall of his stomach and a portion of the chest cavity also torn away, so that he could look in and see his lungs, the inside of his stomach, and he seemed to have but a very few hours to live. The young man was of such a hardy constitution, however, that he made an excellent recovery. But he recovered with a hole in his stomach, a stomach with a window in it. The edges of the wound in the stomach grew fast to the edges of the skin, so that there was an opening straight through into the stomach. He had a great deal of inconvenience because when he would eat his breakfast he had hard work to keep the food from escaping. The doctor saw that here was a splendid chance for observation, and he made a great number of observations for three or four years—the first scientific observations that were ever made on the subject of digestion. This man, Alexis St. Martin, was alive and living in Canada within my personal recollection, I think within twenty years. He was an old man, 78 years of age. The window at that time was almost entirely closed up. There was just a minute opening, so that he was no longer valuable for experiment; but he was with Dr. Beaumont for some length of time.

"The doctor observed that Alexis St. Martin

used to go off on a spree once in a while, and wherever he did, when he came home, he noticed the inside of his stomach was inflamed. There was no pain in the stomach at all, but there were great ulcers there, congestion and irritation, although he was not conscious of it. Now, Dr. Beaumont observed also that when Alexis St. Martin took mustard, pepper, pepperauce or ginger into his stomach the very same thing happened to his stomach that happened when he took alcohol. Mustard, pepper, pepperauce, and other irritating condiments produce exactly the same effect upon the inside of the stomach that alcohol does, only they are much more irritating and much more powerful in producing these bad effects. Dr. Boix in Paris, a few years ago, made a lot of experiments upon dogs, rabbits, and guinea-pigs, and he found that pepper had six times the power to make gin-liver that gin has. And more than that: Professor Boix found that when he added to a rabbit's food some fecal matters or germs from the colon of a mammal—a man, a horse, a cow or any other animal—the same kind of germs you are eating in your milk whenever you eat milk at your table, raw milk that has not been thoroughly sterilized—the effect was to cause a degeneration of the liver, the same kind of degeneration that alcohol produces. In other words, auto-intoxication is the cause of this alcoholic degeneration of the liver, so there are plenty of reasons for enlargement of the liver and degeneration of the liver besides alcohol. These troubles with the liver, and we may say with every part of the body, may be the result of the absorption of these dreadful poisons from the colon, and these poisons are produced by flesh foods more than by any other food; in fact, flesh food is the real source of the evil. The man who has this hyperacidity of the stomach must discard these poisons altogether.

"And now to return to Pawlow's observations upon his dogs. He has some dogs that he has operated upon so that they have windows in their stomachs, precisely as Alexis St. Martin, the hunter, did. His window was made by an accident with the gun. But the doctor fixes the dog up with a window by a surgical operation, and the dog does not suffer nearly so much as Alexis St. Martin did, because he goes to sleep with an anesthetic, wakes up and feels all right, and the next day he has his dinner as usual. Each dog has a window in his stomach and a tube in his stomach so that the juices run out. He gives the dog different foods, bread and milk, etc.; and he finds that bread produces gastric juice with a great deal of pepsin and very little acid. When he gives the dog milk, it produces gastric juice with very little pepsin and very little acid. Meat produces gastric juice that is extremely acid. The most highly acid gastric juice that can be produced at all is produced by feeding the dog meat. When the dog is fed milk, there is very little acidity, and when the dog is fed bread there is very little acidity and very little pepsin. And we find the same to be true of human beings. The stomach of the man who eats meat gets into the habit of forming acid, and the more meat he eats, the more acid his stomach forms. But the patient says, 'I can not understand it, because I feel so much better when I eat meat. When my stomach was acid, I ate meat and it agreed with me better than anything else I could find.' There is a good reason for that. The meat, while it prevents the formation of acid, at the same time neutralizes the acid; that is, so much acid is formed that it sucks the acid up, and the stomach makes more acid.

"When the stomach has too much acid, there may still be a desire for juices or something sour, occasionally, because the acid of the fruit and the acid of the gastric juice have no similarity whatever; they are entirely different

kinds of acids. Fruit acid cannot take the place of gastric acid. Fruit acid is of the nature of sugar and starch. Citric acid will burn, starch will burn, sugar will burn. But hydrochloric acid or acid gastric juice, you can not burn that. It is a mineral substance and will not burn, so there is no relation at all between vegetable acids and the acids of the stomach. But if a person's stomach is very sore and smart and burns, it may be sensitive to both mineral acids and the acid of the gastric juice and vegetable acids for which a person might have a craving. A person may have a craving for acids if the body needs acids, even though the stomach makes too much acid.

"Now, as I have said, the gastric juice is neutralized by meat. For instance, if we pour some muriatic acid on beefsteak, it will disappear. The meat will absorb it all, just the same as soda would, or any other kind of alkali,—it will combine with it and neutralize it. When this occurs in the stomach, the stomach, finding the acid absorbed in this way, secretes more juice, more gastric acid, and more and more is formed; but the meats soaks it up, neutralizes it, combines with it so that the person is for the time being relieved. Now let the person who has been accustomed to eat meat and whose stomach is accustomed to making a large amount of gastric juice, eat some bread; he is in trouble right away, because his stomach makes a large amount of acid, and the bread does not neutralize it, for the starch of the bread will not combine with the gastric acid. Let him drink a glass of milk, for example, and he is again in trouble. The gastric acid curdles the milk, causes the milk to form in large, hard, tough curds, that can not digest in the stomach. They ferment and decay, and the patient perhaps has a bilious attack. I used to recommend milk often but I do not recommend it now. I used to use it myself, and I had a bad taste in my mouth and a coated tongue, and headache all the time, and I did not know the reason. But I got over it when I stopped eating milk.

"Now, suppose our patient eats fruits. Fruits are acid; then the stomach pours out more acid, and the acids of the fruits and the acid in that man's stomach are acting together upon the mucous membrane of the stomach and produce heartburn and a very painful, distressed condition. The stomach is sore, and there is pain under the left shoulder-blade, pain between the shoulders, headache perhaps, nervous headache, and a very wretched time; so the poor man says, 'What can I eat? Shall I try oatmeal mush and sugar?' That is about the worst thing in the world he could eat, because oatmeal mush and sugar will not digest in the stomach. The sugar cannot digest anyway, and it interferes, when it is present in the stomach, with the digestion of the starch; the acid that is formed neutralizes the saliva and prevents the digestion of the starch, and there is nothing there, or very little there, to neutralize the acid, and the consequence is that it just lies there in the stomach. So it ferments, and the poor man is wretched enough. He tries all the different cereals, and they all sour on his stomach; but generally they do not ferment so much, as they simply lie there, and the gastric juice being formed in abnormal quantity and not utilized because it cannot combine with the starch, just lies unabsorbed. The stomach is thus irritated by the excessive amount of unused hydrochloric acid or gastric acid.

"So our man decides, 'Well, now, I can't eat anything but meat. Meat just agrees with me.' And he eats a piece of broiled steak, well buttered, and feels better; nothing agrees with him so well. He sometimes gets a piece of limburger cheese and it does him all sorts of good. He feels so much better when he eats

something of that sort, and he does feel better, and there is a reason for it, and Pawlow found out what that reason is. Pawlow discovered that fats hinder the formation of gastric acid. Now that one discovery was worth millions to the world—that discovery of Pawlow that fats will hinder the formation of gastric acid, and do it physiologically. Proteins, meat, stimulate the formation of gastric acid, but fats hinder the formation of gastric acid. This man who eats beefsteak likes it well buttered. A nice piece of fat pork agrees with him almost better than anything else, because there is a piece of lean, and a nice piece of fat along with it, and it agrees with him particularly well; and the reason for it is that the gastric juice is absorbed by the lean, and the fat present hinders the formation of more gastric acid, so the two make a very good combination. But there is another diet that is better than that, and that is bread and butter; or if it is a bad case, gluten biscuit and butter. There you have the protein to absorb the gastric acid, and you have the fat to hinder the formation of the gastric acid, and so they make a happy combination. That is the same kind of combination you have in the fat meat or the well-buttered steak, and you have this advantage, that the steak stimulates the stomach to make more gastric acid, and so perpetuates the difficulty; whereas the gluten biscuit with butter is a perfectly natural and physiologic remedy.

"What our patient, then, must be careful to avoid is meats, flesh foods of all kinds; and what he ought especially to eat is fats—butter, a good deal of butter. Let him eat all the butter he can,—butter with his potato, and butter with any kind of starchy food. The fat protects the stomach from making the acid, so that the saliva can act upon the starch and digest it. But that does not mean griddle cakes. It does not mean doughnuts, nor does it mean Saratoga chips; because fat that is burned in soaks the starch full, and the gastric juice and the saliva cannot get at that starch to digest it; the saliva cannot digest the starch, and the gastric juice cannot digest the protein; it is mingled with the starch, so it is entirely undigested. The starch granule with a film of fat around the outside of it is as thoroughly protected from the action of the saliva as the foot is from the water inside of a well-greased boot. The saliva cannot get through the film of oil around the starch; so those fried cereals are about the most indigestible foods that our patient could eat."

MISSIONARY CONFERENCE

(Continued from Page 1)

WEDNESDAY AFTERNOON.

2:30—Prayer session.

3:00 to 5:00—The Condition of Women in India, China, Africa, Turkey, Siam and other lands.

7:30 to 9:30—The Importance of Medical Missions.

1. For the relief of suffering.
2. Caring for missionaries.
3. Removing prejudice and opposition.
4. Obtaining entrance for other missionaries.
5. As a means of self-support.

THURSDAY AFTERNOON.

2:30—Prayer session.

3:00 to 4:00—Medical Missionary methods, financial and evangelistic.

4:00 to 5:00—Education of Medical Missionaries in Home and Foreign Lands.

6:30—Luncheon.

7:30—Ten ten-minute testimonies by non-medical missionaries as to the value of medical missions.

Takes New Year Journey Alone

Little Stephen Chovin Travels Two Hundred Miles in Search of Home

WILL BE WELL CARED FOR

He was such a pathetic little bundle of humanity. His blue eyes, wet with tears, blinked from the glare of the lobby lights and his lips trembled as he tried to reply to the numerous questions that were put to him by the crowds that soon gathered about.

"Haven't any mamma—mamma's in the ground."

"Papa's in the woods."

"Grandpa brought me to the train."

"Grandma made my cookies."

On a little pasteboard ticket tied and pinned securely to the lapel of his warm little coat, was written:

Please help me to Haskell Home,
Battle Creek.

My name is Stephen Chovin.

I am from Worth, Mich.

The baby—for he was scarcely four—had traveled alone two hundred miles New Year's day, and had been put off at Battle Creek station, where he was found sobbing as though his little heart would break, by the Sanitarium porter, who immediately put him into the carriage and brought him to the institution. He was no sooner ushered into the lobby than a crowd of sympathetic men and women, many of them fathers and mothers of blue-eyed little chaps at home, surrounded him. More than one woman turned away with tears in her eyes as the tiny fellow gave the brief details of his pathetic story.

Superintendent Owen of the Haskell Orphans' Home was sent for and that evening took the little fellow to the home, where he will be well cared for. He is a particularly winning baby, fair haired, blue eyed and affectionate. The parting with him must have been a dire necessity and doubtless brought pain to the hearts of "grandma and grandpa."

He was dressed warmly and neatly—a soft white toboggan cap fitted around the baby face, and stout little new brown shoes encased the baby feet. One, knowing the pride that comes to small boys with new shoes, paid them a compliment, to which Baby Stephen replied confidentially: "Best in the shop!" Under his arm was a pasteboard box in which were the remnants of a luncheon put up by the all-thoughtful grandma. He held to it closely all through the journey, and when he was being carried out in the arms of Superintendent Owen he still clutched it firmly—it was all he had left of "Home."

MODERN MEDICINE MANAGER

(Continued from Page 1)

Mr. and Mrs. Roe are at present domiciled at the Sanitarium but expect to move very shortly into the residence on North Washington street known as the "Hussey place," a commodious house with handsome lawn, admirably located, being near to both the Sanitarium and his place of business.

Mr. Roe possesses not only business ability of a high order but is endowed with no mean literary talent, and it is expected that from time to time articles from his pen will appear in the several Sanitarium publications.

RESCUE WORKER TALKS TO LARGE AUDIENCE

John Callahan of Hadley Rescue Hall, New York, Tells of His Work and His History

AN interesting visitor to the Sanitarium the past week has been John Callahan, superintendent of Hadley Rescue Hall of New York city. Mr. Callahan arrived New Year's afternoon and remained until Sabbath evening, when he went to Kalamazoo to address several audiences.

During his stay here he made several addresses to the guests and preached in chapel Sabbath morning, telling in a straightforward, appealing way the story of his own regeneration through his acceptance of Christianity. Seventeen years ago Mr. Callahan was a barkeeper in Minneapolis with a shadowy history; his pictures were posted in rogues' galleries throughout the country, and he had been imprisoned in Joliet and other jails and houses of correction. In a state of intoxication one night he dropped into a rescue mission in Minneapolis and the influence of what he heard that night was the beginning of a life that has had a marvelous power for good among men who have led similar lives to his own and whose problems he is best equipped to understand and sympathize with.

Hadley Rescue Hall is located down in the heart of the Bowery, and is in the nature of a memorial to Samuel Hopkins Hadley, who gave many years of his life for the uplifting of his "Bowery bums." After his death his friends, some four years ago, subscribed \$273,000 and purchased the old Germania Assembly rooms, once given over to vaudeville, dances and used as an evil resort. In the four years since it opened for rescue work it has made for itself, through its faithful workers, a remarkable history. The total number of meetings that have been held is over three thousand; aggregate attendance, two hundred and sixty-three thousand four hundred and ninety-six; testimonies given (two years), twenty-seven thousand eight hundred and thirty-nine; number who have come forward for prayers, thirty-two thousand and seventy-five; lodgings provided, seventy-one thousand five hundred and ninety-two; meals provided, one hundred and thirty thousand six hundred and sixty-three. "Behind these figures is the personal service of those workers to whom the Hall has come to be the scene of struggle and victory, who to tens of thousands of the men who have come within the influence of song and prayer, of exhortation and Bible teaching, of sympathy's touch and love's appeal, have given 'their own selves,' in the Apostle's highest sense, and thus have made Hadley Hall not an institution, but the meeting place of souls."

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PUBLISHED WEEKLY AT
BATTLE CREEK, MICH.

SUBSCRIPTION RATES

One Year	\$1.00
Six Months	.50
Three Months	.25
Per Copy	.02

VOL. II JANUARY 7, 1909 No. 5

TURN OVER A NEW LEAF

We have just passed out of the old year into a new one. Why not say good-bye with the year 1908 to a lot of undesirable and unnatural though conventional practices into which we were born or early initiated—evil ways which have stolen from us so much of health and comfort and efficiency?

Why not turn over a new leaf in diet and resolve from henceforth to follow the teachings of common sense instead of the prevailing fashion? This will lead us to discard flesh foods (including fish and fowl), to taboo spices, pickles and hot sauces, to chew or fletcherize each morsel of food, to eat only when a healthy appetite demands.

If we turn over a new leaf in regard to health we will recognize it to be a duty which we owe to society as well as to ourselves and our families. We will devote such time as may be necessary each day to the cultivation of health by such grooming and training of the body as will develop strength, endurance, resistance to disease and length of days. We will cultivate sunshine and optimism. We will endeavor to scatter seeds of sunshine among our associates. We will live as much as possible in the open air, both day and night. We will exercise our bodies in harmony with the divine injunction: "Thou shalt earn thy bread by the sweat of thy brow."

And doing these and sundry other things cognate thereto, we shall not fail to experience a daily rejuvenescence if Father Time has been making inroads upon us, and a growth of efficiency and endurance which will be ample reward for the little exercise of self-denial and self-control which a change of habits may necessitate. Verily, it pays to be good.

So be admonished at this season of good resolutions and of new beginnings by the words of the ancient prophet: "Cease to do evil and learn to do well."

THE WELL-HATED DR. WILEY

DR. WILEY, chief of the Bureau of Chemistry, at Washington, is probably one of the best hated men in the United States. Nevertheless, we feel sure that Dr. Wiley is not lying awake nights because he is hated. He is to be indeed congratulated that the manufacturers of adulterated foodstuffs do not like him. The fact that these men are doing their best to get him dismissed from his position is evidence that his work and the thousands of analyses which have

been made in his laboratory, and especially the work of his poison squad, have seriously interfered with their business. This is exactly the result that Dr. Wiley has endeavored to bring about. It is his special function in the government to make his department a terror to evildoers.

Dr. Wiley has shown that the various chemical substances used for the preservation of foods—boric acid, benzoate of soda, and other substances which are by some authors pronounced harmless—are by no means harmless, since when their use is long continued they invariably produce disease, even though the amount used is small.

Just now an effort is being made to overrule the position which Dr. Wiley has taken against the use of benzoate of soda. Evidently very strong pressure has been brought to bear upon certain government officials to induce them to permit the use of this antiseptic as a food preservative. Dr. Wiley, however, is manfully standing his ground. He has proven that benzoate of soda is unwholesome; that its use in connection with food produces disease, and he will not surrender. He has the respect of the entire medical profession and of all right-minded people who are familiar with the facts, and it is to be hoped that Mr. Roosevelt will back him up in the position which he has taken.

WORK OF COMMITTEE OF ONE HUNDRED GROWING

THROUGH a personal letter to Mrs. Fisher, at present a guest at the Sanitarium, we learn of the immense success of the recent meeting of the Committee of One Hundred at Baltimore. The meeting was ten times the size of that of last year, eight hundred persons attending. Besides the reports of the various committees, a detailed account of which we expect to give our readers later, there were addresses by Mr. Horace Fletcher, General Wyman, Dr. Wiley, Prof. Irving Fisher and others, whose names are well known in the field of science.

Professor Fisher occupies the chair of political economy at Yale University, and is chairman of the Committee of One Hundred, of the American Association for the Advancement of Science, which has for some time been carrying on propaganda for the increase of the national health, through the elimination of preventable diseases. The committee is composed of physicians and men engaged in active sociological work in different parts of the country, and the results of their efforts are being watched with keen interest by the world at large. Last year on the occasion of Professor Fisher's visit here to the Sanitarium, \$800 was raised toward the fund for carrying on the work.

THE MEDICAL MISSIONARY

A religious-health paper for missionaries and for the family. Weekly edition 16 pages. Monthly edition 32 pages with cover. Illustrated. Both editions 75 cents per year. Send for sample copies giving special combination terms. Address:
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DEPT. 18

BATTLE CREEK,

MICHIGAN

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Classes are organized April 1 and October 1. Applications are received whenever vacancies occur.

For further information or particulars regarding the school, address the

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FUNDAMENTAL HEALTH TRUTHS

(Continued from page 1)

had charge of the "Temples of Health" or sanitariums, which were established in various parts of Greece. His complete works on health make up two large volumes and have been preserved throughout the centuries.

"Hippocrates was the standard of medical work up to the sixteenth century, and many of his methods cannot be improved upon at the present time," said the speaker. "For instance, here are some of his rules regarding diet—all of them good, all of them sane and all of them being accepted to-day: 'It is a matter of greatest importance to a man's health whether his common bread is white or brown, whether it is well or ill baked.'

"It is very injurious to health to eat more than the system needs, if at the same time he uses no exercise to carry off the excess."

"A large variety of different foods should not be eaten at one time, as it will make a disturbance and create a flatulence of the bowels."

"When one has missed his dinner he ought not to eat a plentiful supper to make up for the loss, for it will lie heavy on his stomach and he will have a more restless night after it."

"Old people require only a small amount of nourishment. Too large a quantity would extinguish the little life force they have left."

"Here is another very true one: 'When the body is filled with impurities and the blood is loaded with waste products, the more you nourish it the more you hurt it.' The old theory of our mothers that we must be coaxed to eat dainties when sick, in order to be nourished, is a false one. Let the poor body alone in its fight against the great burden that has been put upon it. When a person is sick, in many instances it is best to withdraw food entirely. Particularly is this true in the case of typhoid fever, appendicitis, etc. The absence of food gives the intestinal tract a chance to lie quiet. If people would recognize this truth and when they felt the first discomforts of appendicitis refuse all food for a few days, ninety-nine cases would get well without a surgical operation."

"Here is another truth that Hippocrates discovered: 'Milk is harmful for those who are feverish or afflicted with headache.' We in modern times have found this borne out by facts. Milk does not agree with many people. Modern investigations have found that it is most easily digested when taken in the form of Yogurt, buttermilk, kumyss, fresh cottage cheese, etc. Milk should never be drunk like lemonade or water, but should be sipped very slowly and fletcherized. It is best taken through a straw. If taken hurriedly it forms large curds in the stomach and delays digestion."

"Hippocrates was aware of the dangers of impure water, also, for he wrote: 'Suspicious water should be boiled or filtered for use.' Last year 50,000 people died of typhoid fever in this country, contracted, in most instances, from contaminated water. Too great care cannot be observed in the matter of pure drinking water. The average mortal drinks only about half enough water. He waits until he is compelled to go to a mineral spring. Nine-tenths of the virtue of the mineral spring is in the water. The drinker would get just as much good if he stayed at home and drank good well or spring water as persistently as he does when he goes to a mineral spring and pays a big price for the privilege. People sometimes boast of the small quantity of water they take. That is nothing to be proud of. Just remember that water drinking is taking a bath inside."

"Hippocrates discovered other things about water, among them that 'the reaction following

cold baths warms up a man.' The tonic effects of the quick cold bath are well known to you sojourners here at the Sanitarium, and its daily application forms one of the efficient agencies in toning up the system and keeping it proof against colds and disease of all sorts."

Hippocrates also asserted that 'Bedrooms should be large and airy.' Now, perhaps the greatest good that we have got out of the tuberculosis crusade is the outdoor habit. Wonderful cures have been made through this method of sleeping and living, not alone among the tubercular patients, but at the Manhattan Insane Asylum in New York cases of insanity have been actually cured through the adoption of the tent life. The regenerated blood is what heals the system, and we are only just beginning to understand what cliff dwellers civilization has made of us."

"It is our habits of life that affect the body's health. It is what we do by the hour that builds up or devitalizes our systems. How we eat, how we sleep and where, what we eat and how and when, how we sit and stand, and the amount of exercise we take, and furthermore what we think. We must be cheerful. Terror, worry, anxiety affect the digestion instantaneously. For this reason the habit of saving up all your funny stories to be told at the table is an excellent one. Those of you who know of the recent laboratory experiments made by Professor Cannon, of Harvard, on cats, know that he has proved the disastrous effects of irritation and anger upon the gastric juices. Remember this one thing—that all chronic diseases are cultivated—it is only the acute diseases that are caught. It is marvelous what may be accomplished by going about to build up health systematically. Cut out the habits that tend to depress or demoralize. Live so that you get the best out of life and remember that a crippled body cannot get the best."

CORRESPONDENCE
SCHOOL OF HEALTH

The health lessons offered by the Battle Creek University of Health are unique. Nothing of the sort has been offered the public heretofore. There are correspondence schools which teach nearly every subject under the sun but all neglect to include in their curriculum the most vital of all matters—the physical science of the individual.

Greater efficiency is the goal for which every one is striving. Perhaps no one thing will aid more in reaching it than the conservation of the energies of the body. Physical fitness is necessary to win the greatest success. The people are waking up to this fact as is evidenced by the rapidly growing interest in matters pertaining to human health generally. Books and magazine articles on the subject are of frequent occurrence. They are for the most part fragmentary, theoretical and unscientific. Nevertheless they have done much good and met, in a measure, a great need. The time is ripe, however, for something more complete, more scientific, more specific and practical. The courses

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of health study now offered to the public by the Battle Creek University of Health meet all these requirements.

The subjects treated, as mentioned before in these columns, cover a wide range. From time to time new courses will be added. Already a new series of lessons is in preparation on the important subject of "The Causes and Prevention of Tuberculosis." There will be six lessons in this course as there are in those already announced which are as follows:—

Course No. 1.—Food and Diet.

Course No. 2.—Health Exercises.

Course No. 3.—Beauty Culture.

Course No. 4.—Hygiene of Infancy.

Course No. 5.—Home Nursing.

The price of each course of six lessons is \$5.00. They will be sent postpaid to any address upon receipt of this amount. Many persons are daily taking advantage of our special offer. To the first thousand students to be enrolled this offer gives for twelve dollars any two of the courses named above and a set of the new two-volume edition of Dr. Kellogg's "Home Book of Modern Medicine"—a complete atlas of human anatomy, a year's subscription to *Good Health* and to *THE BATTLE CREEK IDEA*; in all \$24.00 worth for just half price, \$12.00, cash. Send your order at once to The Battle Creek University of Health.



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Diet Instead of Nostrums

If you don't feel right, ten chances to one you trace it to your stomach, and from that to your food. Food right—stomach right—Stomach right—health right—Health right—all right.

Don't take nostrums, but follow the Battle Creek Sanitarium Diet System at home.

If you say it doesn't improve your health, your money will be refunded.

Ask yourself these questions:

Is your head clear? Do you sleep well?
Is your breath sweet? Are you too fat?
Are your bowels regular? Are you too thin?

Do you feel fit and efficient for your work? Do you feel full of vigor and vital steam all the time, or are you tired and depressed? Is life worth living as you are living it?

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It is the next best thing to bringing the Battle Creek Sanitarium with its staff of food specialists to your very door. Our book "Healthful Living" will be sent you gratis, on request. If you say Battle Creek Sanitarium Foods do not benefit you, your money will be refunded.

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DEPT. K 7

BATTLE CREEK,

MICHIGAN

ANNUAL DISPENSARY REPORT

THE annual report of the Sanitarium Dispensary gives a comprehensive idea of the great work that has been done for the dependent sick of Battle Creek during the past year. The work has required the active service of the physician, the visiting nurse, and four nurses in the treatment rooms. And those who are acquainted with the faithful administration of their labor know that it demanded not only work of the brains and hands, incessant, unceasing, but that their hearts and sympathies were constantly being called upon by the cases of want, misery and suffering that meet them on every hand. So great have been the number of calls during the past few weeks that the services of an assisting physician have been enlisted. The proposition of the Woman's League to support an additional visiting nurse who will spend much of her time in the inspection of school children and the instruction of mothers in hygiene and sanitation—working along preventive lines—is welcomed gladly by the dispensary workers, who believe there is ample room for another worker. The annual report is as follows: Consultations, 2,084; examinations, 240; office treatment and surgical dressings, 558; operations, 28; doctor's calls, 1,041; nurse's calls, 1,498; treatments at home, 303; bath-room treatments, 4,114; phototherapy, 461; Swedish mechanical, 277; massage, 101; persons assisted by clothing, 315; garments received, 1,153; garments distributed, 1,133; families assisted by food, 64.

CONCERT RECITAL SATURDAY NIGHT

Daughter of Mark Twain to Entertain

Guests Assisted by Miss Marie

Nichols, Violinist

THE PROGRAM

THE concert recital to be given in the Sanitarium gymnasium Saturday night by Miss Clara Clemens and Miss Marie Nichols promises a choice musical treat. Miss Clemens, contralto (daughter of Mark Twain), has won the warm praise of critics on both sides of the Atlantic. Her companion, Miss Nichols, is a violinist of unusual ability. The program offers a pleasing variety of songs and of violin selections. It is as follows:—

PROGRAM

Violin and Piano—Sonata in G minor—
.....Francoeur (1698-1787)

Adagio Conrente Sarabande Rondeau

MISS MARIE NICHOLS AND MR. WARK

Songs—"Am Lindenbaum"von Fielitz

"Frühlingsnacht"Schumann

"Schwelgend in süßer Erinnerung"Gabrilowitsch

"Die Allmacht"Schubert

MISS CLARA CLEMENS

Violin—Andante and Finale.....Mendelssohn

(Concerto Op. 64)

MISS NICHOLS

Songs—"I Entreat of the Passing Swallow"Beach

"The Year's at the Spring"Beach

"When the Swallows Homeward Fly"White

"The Danza"Chadwick

MISS CLEMENS

Violin—"Romance"Withol

MISS NICHOLS

"Spanish Dance"Sarasate

Songs—"The Turn of the Year"Willeby

"In the Ballroom"Tirindelli

"Mo-lennav-a-chree"Hopekirk

(Words by Fionna Macleod)

"Evöl"Bath

MISS CLEMENS

Song—"Le Nil"Leroux

(With violin obbligato)

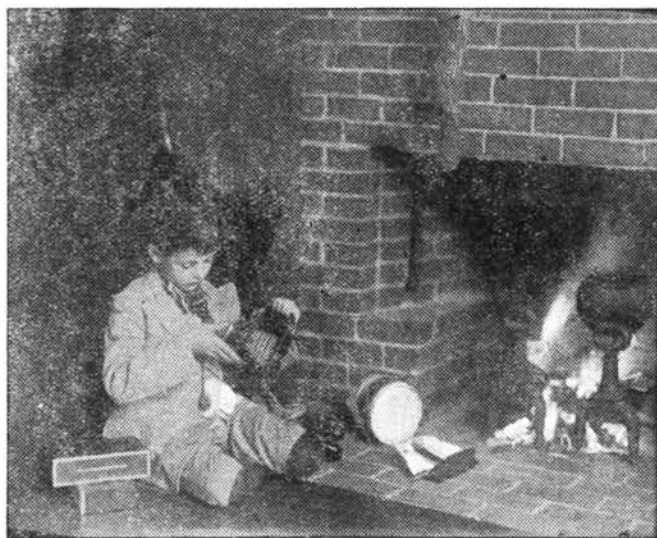
MISS CLEMENS AND MISS NICHOLS

NUTRITION EXPERT VISITS

(Continued from page 1)

tissues, the carbon dioxide given off and also the heat which is produced by the chemical changes within the animal organism. This method of measuring the metabolic changes of the body is especially valuable, as it takes into consideration the fats and carbohydrates of our foods as well as the protein. The latter are chiefly considered in most other methods of investigating metabolic changes.

Professor Benedict is a graduate of Harvard and took his Ph. D. at Heidelberg. He has been associate professor of chemistry at Wesleyan University, physiological chemist of nutrition investigations of the United States Department of Agriculture, and is the author of several books and papers on physiology and chemistry. He paid a brief visit here to Dr. Kellogg, en route to Madison, Wis., where he is to address the health league.



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BROWNIE CAMERAS, \$1.00 to \$9.00

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ARRIVALS

The list of arrivals for the week ending Jan. 4 is as follows: W. G. Heiner, Pa.; David Paulson, Ill.; John G. Sehler, Mich.; Fred Bauerle, Mich.; H. M. Coldren and son; Mr. and Mrs. J. Newton Nind, Ill.; C. E. Young, Wis.; Mr. Ladd, Ia.; Mr. Luggert, Minn.; W. E. Goff, Mich.; Lewis McQuown; Mitchell Ravitch, Ind.; Emil Flur, N. Y.; O. B. Potter, Ind.; A. J. Weaver and wife, Neb.; N. C. Elliott, Ill.; C. E. Holgate, N. J.; N. Y. Jones and wife, Japan; H. Balandier, Ill.; R. S. Cummings, Calif.; Anne E. Tabor, Mich.; B. Hjalmer Larson, Mich.; J. C. Simmons, Ind.; A. F. Dobler, Pa.; Mrs. M. E. Gibson, Ind.; Miss Lena Cummings, Mo.; Glen B. Hunter, Iowa; C. C. Patterson, Iowa; S. Livich and wife, Iowa; Timothy Shanahan, Mich.; Emma Stevens, Ill.; Mrs. J. Smith, city; O. L. Bristol, Mich.; Mr. and Mrs. W. F. Blount, N. C.; J. T. Palmatary, Ind.; Mrs. C. W. Hall, China; Mary Wamsley, Ill.; W. L. Haines, Minn.; Mrs. H. Sudderd, Mich.; William T. Cramer, O.; Ford A. Rogers, Mich.; Mrs. Thomas C. Lawrence, O.; Mrs. Homer Herran, O.; Anna Stoner, O.; J. B. Ecker, O.; Max Smith, Neb.; Mrs. J. F. Freeman, Siam; L. E. Rice, M. D., Toronto; J. M. Ward, city; E. Ballwood, Ill.; H. P. Wolfe, Ill.; John Callahan, N. Y.; A. Bock, Ill.; F. B. Dickerson, Mich.; Bertha C. Woolgan, Mich.; L. E. Wait, Kan.; Mrs. A. F. Grant, Egypt; T. G. Derry, Mich.; William B. Boomer, Chile; D. C. Jones, O.; S. C. Burger, India; Charles W. Roe, wife and three children, Pa.; M. H. Tate; Miss N. Strachan, Miss M. Kerr, Gavin Spence, Scotland; W. M. Hughes, N. J.; D. A. Strayer, Ky.; E. M. Huntley, W. Va.; George H. Rogers, Ill.; J. L. Allen and wife, O.; Porter M. Dale, Vt.; Miss Augusta M. Wood, Mass.; W. K. Kellogg, city; W. C. Robinson and wife, city; E. M. Randall, Ill.; Charles S. Hartwell, N. Y.; Richmond Caples, Tex.; Dr. Francis G. Benedict, Mass.; Mrs. Taylor Adrock, Mich.; Dr. M. B. McCrory and wife, Tenn.; Mrs. William Moore, Ind.; Mrs. Jonathan Hess, Ill.; James McKeown, Ill.; Harry Kohl and wife, Ill.; Mrs. Catherine Eastwood, Ill.; Mrs. F. Scanlan; Mrs. C. D. Cressett, city; Mrs. DeWitt C. Jones, O.; J. Champlin, city; Mrs. E. G. Rhoades, Ill.; Mrs. M. D. Whitford, N. Y.; H. H. Aplin, Mich.; F. S. Tucker, Col.; Ella Van Zandt, Mich.; C. A. Christoffel, Ind.; Allen Countryman, O.; Geo. Warren Hinman, Foo Chow, China; C. B. Wetherell, Ill.; Rev. J. H. Freeman, Siam; J. M. Bishop, N. Y.; H. M. Silver, O.

News Notes

Miss Edith M. Ball has returned from New York, where she has spent the holidays with relatives and friends.

Miss Annie E. Tabor, of Detroit, a former nurse in the institution, paid a visit here this week, accompanying B. J. Larson, who came over to make arrangements for entering the A. M. M. C.

Dr. and Mrs. J. H. Kellogg gave an informal reception at their residence Saturday night in honor of Mr. and Mrs. Charles M. Roe, who have recently arrived from Philadelphia. Representatives of the several Sanitarium publications were present and a short program of talks was given and light refreshments served.

A feature of the afternoon gospel service that promises much of interest is that to be given by Miss Janette Bryant, who on next

Tuesday afternoon will commence a series of Tuesday afternoon lectures on Conversations of Christ. The first will deal with that with Nicodemus. Miss Bryant is a trained Bible student and her talks will doubtless be eagerly listened to by those interested in Bible study.

Many of the guests enjoyed the informal New Year's reception held in the parlor New Year's afternoon. A program of music by the orchestra, solos by Mrs. T. C. Lawrence of Cleveland and light refreshments served by the Misses Tenney and Ketcham in the West parlor, added to the pleasure of the event.

The monthly Helpers' meeting was held Tuesday night in the chapel. Dr. Benton Colver gave the annual report of the Dispensary work, Alonzo T. Jones gave an interesting account of his recent western trip and Dr. Geisel spoke briefly on the campaign against the cigarette evil and that for local option.

Dr. and Mrs. J. F. Byington will leave next week for New York, whence they will sail on the 21st inst. for a six months' trip abroad. They will go via the Cunard line on the S. S. Carmania, stopping at the Azores, Gibraltar, Genoa and Naples. They will spend some weeks visiting Greece, Egypt and Palestine, and will then return to Austria and Germany, where the doctor will spend some months attending clinics in Vienna, Berlin, Bonn and Freiberg. Later in the summer they will visit Switzerland, France, Holland and the British Isles.

Mrs. Laura R. Frazeur, who spent her Christmas vacation at the Sanitarium, returned early in the week to Chicago, where she is engaged in teaching. Mrs. Frazeur is a splendid exponent of the value of athletic exercises. Her strength, as measured on the strength-testing apparatus here at the Sanitarium, exceeded 4,000 pounds, the average test for women being in the neighborhood of 2,000. This figure represents the combined tests on the various groups of muscles. Mrs. Frazeur has won several tennis championships—in fact, has never been defeated by a woman—and is also a fine golf player and a devoted cyclist.

Dr. Carolyn Geisel and Miss Lenna Cooper have returned from Washington, D. C., where they attended the meeting of the Lake Placid Household Economics conference, which at this meeting merged into the American Home Economics association with a membership of over 700, including teachers of Domestic Science and Arts, Physiology, Hygiene, etc. The object of the newly formed organization is to promote the science of Household Economy as an educational feature. Prominent teachers and workers were present and figured in the organization—among them being Maria Parloa, Mrs. Ellen Richards, of the Massachusetts Institute of Technology, Anna Barrows, at the head of the

Chautauqua School of Domestic Science and also of Columbia University, together with professors of Domestic Science from Columbia, Pratt, Chicago and other schools and universities.

Mr. Hyman Askowith gave the introductory paper at the January meeting of the newly formed club of the Independent Congregational Church, Tuesday evening. His topic was, "The Ideal Biography." The club will meet bi-weekly in the church parlors. At each meeting a paper will be read on the subject of some given biography and discussed informally. The papers to be given during the first half of the year include the Autobiography of Hon. George F. Hoar, Prof. George Herbert Palmer's Life of Alice Freeman Palmer, Bielschowski's Life of Goethe, Burton's Life of Hon. John Sherman, Autobiography of Moncure D. Conway, Autobiography of Hon. Andrew D. White, Autobiography of Prof. Joseph Le Conte, Autobiography of Herbert Spencer, and Morley's Life of Hon. William E. Gladstone. Men and women alike are eligible to membership.

"WHAT'S that curious looking charm you are wearing on your watch-chain?"

"That is our new coat-of-arms—chauffeur rampant, policeman couchant, justice of the peace expectant.—*Montreal Standard*.

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PERSONALS

Mr. W. E. Heiner, of Kittanning, Pa., is a newly arrived patient.

Mr. E. C. Holgate, of Newark, N. J., is a recently arrived patient.

Mr. C. E. Young, of Elmwood, Wis., is resting at the Sanitarium.

Miss Mae Wamsley, of Charleston, Ill., is a newly arrived patient.

Mrs. E. G. Rhoades, of Oak Park, Ill., is a newly arrived patient.

Miss Bertha C. Woolgar, of Detroit, is resting at the Sanitarium.

Mrs. J. L. Allen, of Fostoria, O., is recuperating at the Sanitarium.

Mrs. E. M. Keatly, of Charleston, W. Va., is a patient at the institution.

Mrs. H. Kohl, of Centralia, Ill., is paying a visit to the institution this week.

Miss Lena Cummings, of St. Louis, has come to the Sanitarium for treatment.

The Rev. William M. Hughes, of Morristown, N. J., is a patient at the institution.

Mrs. M. E. Gibson, of Milford, Ind., is a newly arrived guest at the institution.

Mr. and Mrs. W. F. Blount, of Fayetteville, N. C., are patients at the Sanitarium.

Mrs. M. D. Whitford, of Syracuse, N. Y., is a recently arrived guest at the institution.

Atty. DeWitt C. Jones, of Columbus, O., is a recently arrived patient at the institution.

Dr. and Mrs. M. B. McCrary, of Woodbury, Tenn., are new patients at the Sanitarium.

Mr. N. C. Elliott, of Chicago, a frequent patron of the Sanitarium, spent part of the week here.

Dr. R. A. Rice, of Toronto, Canada, has been paying a visit to Mrs. Rice, who is a patient here.

Mr. and Mrs. A. J. Weaver, of Falls City, Neb., were guests of Dr. and Mrs. Harris this week.

Mrs. A. F. Grant, of Egypt, is paying a visit to Dr. Grant, who is a patient here at the Sanitarium.

Mr. Richard Caples, of El Paso, Texas, is paying a visit to the institution. He arrived early in the week.

Mr. Michael Ravitch, of Russia, accompanied his wife to the Sanitarium this week, where she will remain for treatment.

Mr. Porter C. Dale, an old friend of the institution, accompanied Miss Augusta M. Wood of Boston to the institution this week. Miss Wood will remain some weeks for treatment.

Mr. and Mrs. J. Newton Nind, former patrons of the Sanitarium, paid a short visit to the institution this week. Their home is in Chicago.

The Rev. Joseph Clark and son Gordon, a student of the University of Michigan, returned to the Sanitarium the past week to spend New Year's.

Dr. Raymond L. Williams, of Appleton, Wis., spent a few days at the Sanitarium the past week. He left early in the week for Ann Arbor to visit his alma mater.

J. M. Bishop, of the U. S. Customs office, New York, a frequent patron of the Sanitarium for the past dozen years, returned this week and is being welcomed back by his many old friends.

Mr. and Mrs. W. Y. Jones, from Tokio, Japan, are new arrivals at the institution. They came more or less familiar with the Battle Creek principles, having spent some time at the Kobi Sanitarium.

The Rev. George Warren Hinman (Congregational), for the past ten years missionary to Foo Chow, China, is among the latest additions to the missionary contingent now resting at the Sanitarium.

Mrs. C. W. Hall, of Nankin, China, who has spent many years in that country in mission work in company with her husband, the late Dr. C. W. Hall, has come to the Sanitarium for rest and treatment.

The Rev. J. H. Freeman, for fourteen years a missionary in Siam, arrived at the Sanitarium this week to join his wife, who has been a patient here for some weeks. The Rev. Mr. Freeman represents the Presbyterian board.

Mrs. T. C. Lawrence of Cleveland, spent New Year's and the Sabbath following at the Sanitarium with her husband, the Rev. T. C. Lawrence, who is a patient here. Mrs. Lawrence possesses a sweet soprano voice, excellently trained and she delighted the guests on several occasions with songs—notably at the New Year's reception and the Sabbath morning chapel service.

The Rev. A. L. Kennan, M. D., a medical missionary who has spent the past ten years in India, is recuperating at the Sanitarium.

Mrs. Irving Fisher and Miss Margaret Fisher returned on Friday to their home in New Haven, Conn., after a fortnight's stay at the Sanitarium.

Prof. A. Graves and daughter, Miss Stella Marie Graves of Charlotte, Mich., spent the holidays at the Sanitarium visiting with old friends.

Mr. Arthur Jones who has been a patient at the Sanitarium for many weeks left this week for his home in New Bedford, Mass. He will be greatly missed by his many friends at the Sanitarium.

1909

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THE BATTLE CREEK IDEA

VOL. II, No. 6.

BATTLE CREEK, MICH., JANUARY 14, 1909.

PRICE, 2 CENTS.

THE PACE THAT KILLS; HOW TO CHECK IT

Dr. W. H. Riley Addresses Members of
Battle Creek Conversational Club
on This Topic

THE STRENUOUS LIFE BLAMED

THE following account of a lecture given by Dr. Riley before members of the Conversational Club we quote from the *Battle Creek Journal*: To the Conversational Club last evening Dr. William H. Riley, the eminent neurologist of the Sanitarium, gave a most notable address on 'The Pace That Kills; How to Check It.' The meeting was at the home of Mr. and Mrs. Vernon Weston, 81 West Van Buren street. The attendance was among the best in the history of the club.



BATTLE CREEK Y. M. C. A. HEADQUARTERS

"Dr. Riley has had opportunities for study of nervous diseases unequalled, in point of the number of cases, by any other physician in the world, and the account given by him was received as from one of unquestioned authority. The address was replete with features of vital interest.

"The over-strenuousness of American life has found expression in a distinctive American disease familiarly known to the laity as nervous prostration, and to the profession as neurasthenia, according to Dr. Riley, who ascribed the prevalence of this form of nervous disease in our country to over-work and worry. Not that too much work is accomplished, but that the expenditure of nerve-energy is excessive because of lowered vital efficiency. The reduction of our vital resources he attributed partly to wrong living in ways common to the rest of civ-

(Continued on Page 2)

Local Y. M. C. A. Banqueted

Two Hundred Business Men of the City
Were Guests at Association Banquet
at Sanitarium

HON. THOS. BARKWORTH SPEAKER

A COMPLIMENTARY banquet was tendered to the Young Men's Christian Association of Battle Creek by the Sanitarium management on Wednesday evening, Jan. 13. Covers were laid for two hundred guests, who represented the prominent business and professional men of the city. The banquet was the first of a series of affairs to be given this year with the object of acquainting the public with the aims and work of the Association.

"Only those who are closely connected with

INFLUENCE OF TOXINS ON THE HUMAN BODY

Dr. J. H. Kellogg Tells Sanitarium Patients of the Results of the Putrefaction Process

CAUSE OF VASOMOTOR DISTURBANCE

"A GREAT many people suffer from a burning sensation at night, especially in the soles of the feet, and sometimes in the palms of the hands. It is a neurasthenic trouble, a vasomotor disturbance which is due probably, in the majority of cases, to intestinal autointoxication. Intestinal autointoxication produces this trouble by the influence of the toxins absorbed from the colon upon the vasomotor centers. You can imagine how much satisfaction it is to a doctor to know about autointoxication. People used to ask a thousand questions that we could not answer; but we can answer them now, now we know. We did not know until we understood the influence of these toxins, and the astonishing thing is that we were so stupid for years

(Continued on page 2)

REPRESENT AFRICA, INDIA AND CHINA

Three Venerable Medical Missionaries
From Foreign Fields Will
Attend Conference

INTERESTING PROGRAM

THREE notable medical missionaries will be present at the Missionary conference to be held at the Sanitarium next week, beginning on Tuesday: Bishop James M. Thoburn, for fifty years a missionary in India, under the Methodist board; the Rev. Dr. R. H. Nassau, who went out to Africa in 1861, and the Rev. J. Boardman Hartwell, missionary to China since 1858. These three men represent one hundred and fifty years of active missionary effort in foreign fields and they will form a venerable trio at the approaching conference, which promises to have many unusual features.

Bishop Thoburn will come here directly from Meadville, Pa., and will probably speak in chapel Sabbath morning. He is also scheduled to preach in the First Methodist church on Sunday. In all there will be over fifty foreign medical missionaries in attendance—many of whom will remain for the entire week, as guests of the institution. The program will be replete with interesting addresses, discussions and reminiscences, and there will be several luncheons and general receptions in which the delegates will have opportunity for social intercourse.

Original from

UNIVERSITY OF MICHIGAN

INFLUENCE OF TOXINS

(Continued from Page 1)

and years that we failed to appreciate at all what is going on in the colon and how the body is damaged by these poisons absorbed from it. Natural as it is, we never stop to consider it. For instance, an ox dies out in the pasture, and in the course of a week there is an awful stench there. We never stop to think that if a man eats a piece of that ox, the undigested fragments of the ox he ate are likely to undergo the very same changes—putrefaction, the formation of poisons, the production of stench inside the body just the same as outside the body. We knew all about the outside but we never set our imaginations to work to see what was going on inside.

"Now suppose a man eats beefsteak. It is sweet enough when he swallows it, but when it is taken down into his stomach part of it is digested and a portion of it is carried on until by and by it reaches the colon where it undergoes putrefaction. There are millions and millions of germs there capable of setting up putrefaction. The putrefactive process is started there, and precisely the same thing happens to the beefsteak in the colon that happens to it outside, only it happens faster and the putrefaction is more complete and intense. These poisons absorbed into the body disturb every function. The most extraordinary disturbances sometimes occur. There are thousands and thousands of people, I believe I may say hundreds of thousands of people, that are suffering from this chronic intoxication, the result of poisons generated in their own bodies. It is the worst of all human diseases. It is responsible for more mischief, more disease, than almost any other thing. Let me tell you of a few things that have been causatively and directly traced to it.

"Here, to begin with, is this burning of the hands and feet, a very common result of this disorder. These poisons being brought into the blood circulate through the spinal cord and intoxicate or poison or partly paralyze the vasomotor centers. What are the vasomotor centers? They are centers which send out nerves to all the blood vessels, and when these centers are in good tone they cause, through these nerves, a contraction of the blood vessels so that they will be the proper calibre, so the proper supply of blood is found in each part. You all notice, of course, that the fingers are of different sizes. The little finger has its proportion of blood. The thumb is thicker and stouter than the little finger and it has a larger proportion of blood. Each one grows up from childhood to adult age in the right proportion. Why doesn't the thumb get the start of all the rest of them; or why doesn't the little finger catch up? Why do they all grow in the right size and proportion? It is because of this wonderful regulation through the vasomotor system, the regulation of the blood supply for the fingers. It depends to some extent on the regulation of the food supply. When these centers are partly paralyzed by the poisons absorbed from the colon, the result of putrefactive processes, this regulation no longer takes place. Examine a man who has had auto-intoxication for some time, and you will see that his fingers are not symmetrical; they do not look smooth and of the proper shape. The last finger joints, especially, will be thick and enlarged.

"Here is a man who has the dropsy. The cause is certainly intestinal auto-intoxication. It makes no difference what kind of dropsy it is—whether it be from kidney disease or from liver disease, abdominal dropsy or general dropsy,—it is all intestinal auto-intoxication. The man who has general dropsy probably gets

it from Bright's disease or it may possibly come from an acute attack of rheumatism, but the most general cause is Bright's disease. How does he get Bright's disease? It is the duty of the liver and kidneys to deal with these poisons of all sorts that are taken into the blood. The poisons absorbed from the colon and taken into the blood are carried to the liver which destroys as much as it can of them,—quite a large proportion,—and the balance is eliminated by the kidneys. The kidneys eliminate all they can. A portion is brought to the skin, some particles are deposited in the skin and give it that sallow and unhealthy appearance which is almost invariably an accompaniment of intestinal auto-intoxication. It comes sooner or later—the sallow appearance that people have when they say, 'I am bilious.' But what is biliousness? Simply intestinal auto-intoxication. That is the real cause. It was formerly supposed that when a man was bilious it was because his liver was not doing its work for some reason. As a matter of fact, the liver is doing its work, only it has more work than it can do. Consequently some of the poisons accumulate in the blood, and accumulate in such quantities that the kidneys are overworked, and the concentration of the poisons in the kidneys damages these organs and wears them out prematurely.

"A person's colon is the hold of every unclean and hateful germ, in which putrefactions of different kinds are going on. Many different kinds of germs produce these putrefactions—thirty or forty kinds, perhaps—every one of them probably producing its own particular kind of poison, some of them the most subtle poisons that are known to science. So subtle, indeed, are they that although they exist in infinitesimal quantities that cannot be measured by any chemical means known at the present time, they are able to produce deadly effects. Here, for instance, is some human blood undergoing decomposition. The African savage dips his arrow in it and then shoots it into an animal and that animal is certain to die. Just the least bit of that material that adheres to the tip of the arrow will kill an animal whether it be an elephant, a lion, a deer or a tiger. Now the very same kind of poisons are generated in the colon by the putrefaction of dead substances. When a man eats beefsteak he eats a lot of blood along with it and he eats flesh along with it, fleshy substance, the lean meat, which is capable of undergoing these deadly putrefactions, and the wonder is that we live at all in the presence of such an enormous amount of poisons swarming in the blood. It is only within a year that we have had chemical tests that were delicate enough to measure these poisons, but by means of discoveries made in Europe and by Dr. Herter, the eminent professor of bacteriology at Yale University, and in our own laboratories—and we have made some discoveries there also—it is now possible to measure with accuracy the amount of putrefaction that is taking place in the body and the amount of poison that is generated there, so that we know exactly what the body is struggling with. It is an important thing to know in every chronic case. Every person who comes to this institution really ought to have that sort of examination made so he could know just exactly what his body is struggling with, to know what his liver and kidneys are having to labor under.

"To avoid and to combat auto-intoxication, an antitoxic diet is all important. That is of more importance than any other question relating to dietetics, the antitoxic character of the food,—that is, eating food which cannot rot, which cannot putrefy in your body and make poisons, cause putrescence and rottenness. It is just as intolerable to the body and just as damaging to the body to take into it things

that can rot after they get in, as it is to eat things that are already rotten. Now you would think it was a pretty unpleasant sort of dose to have to swallow a piece of food that was absolutely rotten, but what is the difference if it rots before you swallow it or rots after you swallow it? The putrescence is there, the poisons are all there and the evil effects are there, and so they all go together.

"Here is a man who has abdominal dropsy. What is the cause? His liver has been irritated by the concentration of poisons in it for so long a time that finally it has become hardened and contracted. The blood vessels are closed up and there is obstruction there, so the blood cannot get through the liver, and some of it is poured out into the abdominal cavity into the serum of the blood,—and that is abdominal dropsy.

"Here is a man who has skin disease. What is the cause? Auto-intoxication. The poisons which are absorbed into the blood are deposited in the skin. The resistance of the skin is lessened, so it fails to fight off successfully the germs which are growing always upon the skin and they take root and develop and produce their poisons and irritation. And so we have the itching and the burning and the eruption. Here is a person who is emaciated and there are ten chances to one that his emaciation is due to intestinal auto-intoxication. Haggard faces, sallow skins, sunken eyes, dark circles around the eyes, bladders under eyes,—these are all signs of auto-intoxication just as certainly as anything can be. We know they are, because, in the first place, we have the best medical authority in the world. The best European clinicians put these down in their writings as symptoms of auto-intoxication. In the second place we have our abundant clinical experience here to prove it."

THE PACE THAT KILLS

(Continued from Page 1)

ilization, in violence to our nervous system by use of drugs, especially alcohol, tobacco, tea, coffee, etc.; partly to excesses peculiarly American; in the degree of indulgence in the so-called luxurious living, and particularly in the ultra-strenuous life in American cities. It was explained that the multiplicity of excitations of the nervous system, incident to city life, especially of American cities, is far in excess of the capacity and adaptability of the nerves. Hence we become 'unstrung,' diseased, inefficient, and our habits defeat our ambitions.

"Dr. Riley gave an extremely instructive account of the methods adopted by leading American physicians to combat this American malady, and more interesting still was his account of preventive means. He declared that 'The pace that kills,' especially as set by Americans, can only be checked by return to simpler ways of living. This is the changeless demand of nature. The speaker said that rural life for a larger portion of our population would be a measure of prevention. He laid stress upon the gravity of transmission by heredity of weaknesses of American nervous systems. He also declared that the recklessness, or ignorance, on the part of many mothers, in feeding their children highly stimulating foods and drinks is now recognized by leading physicians as conducive to intemperate habits and drunkenness. Because the nervous organizations of children are extremely delicate and susceptible, the doctor especially decried the practice of feeding the young candy and the concoctions of the soda fountains. At the next meeting of the club the Rev. Frederick H. Bodman will open the discussion of the same subject from the spiritual point of view."

Lecture Course to be Given

Local Talent to Furnish Entertainment
Fortnightly in Sanitarium
Chapel

A COURSE of five lectures has been outlined by the committee appointed for the purpose. The lectures will be given on Tuesday evenings in the Sanitarium chapel and are more particularly for the Sanitarium family, although guests will be welcome. Next year it is hoped that the plans will be made earlier in the season that the course may be well under way before the holidays. It has been felt for a long time that the talent within the family was so varied and of such a character that interesting and instructive lecture courses could be maintained each year without difficulty, but it was not until the present month that the plans materialized into a definite program. The following are the speakers and dates, subject, however to change, with announcements later: January 26, Dr. A. J. Read: illustrated lecture, "A Voyage Through the South Sea Islands"; February 9, Dr. J. H. Kellogg, (subject announced later); February 23, George C. Tenney, Ivers Tenney, lecture, illustrated with crayon: "The Right Way and the Wrong Way"; March 9, Dr. Benton Colver, "Brawn and Backbone"; March 23, Pastor J. A. Brunson, "The Power of Christ in History."

SOME HEALTH APHORISMS

Howard A. Burrell Trips Lightly in the
Field of Hygienic Wisdom and Tells
His Readers of It

ADOPTS MANY BATTLE CREEK IDEAS

OUR old friend and oft-times honored guest at the Sanitarium, Howard A. Burrell, of The Washington (Iowa) County Press, who has for a whole generation kept the Hawkeyes in a happy state of good nature and prosperity by his sage counsel and irrepressible optimism, has recently presented to his fellow citizens a very racy and sensible dissertation on the conduct of life in which Battle Creek ideas are made to scintillate in a very entertaining fashion. We quote a few paragraphs:

"Prepare for winter. Put on the storm windows and doors, pile and tamp furrows of fallen leaves around foundation walls of houses, and in the cellar windows, lay in fuel, put on heavy underwear, for the great problem the next six months is, to keep warm, that is, kindle fire inside of you by burning food like coal under a boiler, and by wrappages close-fitting, preventing the skin radiating the heat produced by the combustion of your foods. Edison never wears an overcoat, but piles on under-clothing to suit the weather, sometimes having on three-onion-like layers or rinds at one time. That would be inconvenient in a house—an overcoat can be shucked, but strata of union suits could not. Dr. Kellogg says, clothe the extremities well, the chest will take care of itself, as the vital furnaces are there, hence, décolleté ladies are not as reckless as they seem."

(Dr. Kellogg disavows this quasi-endorsement of décolleté dresses, which uncover the shoulders—parts which need special protection, far more than the chest.)

"It is better to warm yourself by exercise than at register or stove. A contraction of the muscles develops animal heat. Breathing deep and fast raises one's temperature. In a cold room, church, car or bed, you can warm your feet by wiggling the toes vigorously. Any muscular exertion lets loose lots of heat. To warm the feet out doors, walk briskly, and during four steps draw a deep breath, and expel it in the next four steps. It is as necessary to empty the lungs of foul air as to fill them with pure air, for the dead air is a poison, rotten and nasty. Oh, the abominable things we tote round inside of us, pah! Hitch your lungs to your feet—it beats 'hitching your wagon to a star.' Inhale and exhale in sets of fours, and it will soon become mechanical, automatic, a fixed habit. The surest way to avoid taking cold is to breathe rightly through the nose. By breathing cold, pure air deeply through the nose the body is agreeably warmed.

"Every adult should drink at least three pints of pure water a day, an hour before meals and any time after two or three hours after the same. It is the needed inward bath. In the morning take a cold dip, or cold towel rub, for the tonic effect, and rub down hard till the skin reacts. You will feel as if you had been born again.

"Eat ripe fruit, that the sun has cooked, daily; their acids kill all noxious germs in stomach and alimentary tract. Have a care as to acids. The alleged 'purest cider vinegar' is full of germs—cut it out, substitute lemon juice. That knocks germs galley-west, and holds in itself never a germ.

"Eating is a fine art, and few are masters of it. In eating, the main thing is to chew thoroughly, to masticate, to insalivate every morsel of food with juices in the mouth and stomach. Why were your teeth made the hardest things in your body and planted in the very forefront of your face? Why, of course, to be used. The dog that gnaws the most bones has the best teeth and the soundest digestion. The folks who eat insufficiently cooked oatmeal and other mushes, and soups, are the dentist's best friends and their own worst enemies. There may have been in the 'without' 'weeping and wailing,' but 'the gnashing of teeth' compensated for it all. The Scotch are a race of dyspeptics because of their oatmeal broths, porridges, mushes and slops. 'Sandy' has for generations lived on these chewless messes. He is full of sourness, ferments, foul gas, acrid hot air and hot temper. Oatmeal is a great humbug and nuisance, largely because it is not cooked near long enough—it should be cooked from June to eternity, and then some."

PURE AIR A TONIC

PURE air is a great tonic. A noted medical authority has said that nothing will drive away the trivial nervous troubles so common among women as quickly as a brisk morning walk in the open air. If the walks can be taken in the country, where the air is certain to be pure, so much the better.

Fresh air taken in connection with the morning walks will often cure cases of digestive disturbances and is always of great physical benefit, for the reason that it quickens the circulation and invigorates the entire body.—*Chicago Tribune Health Hint.*

GRIN and bear it" is the old-fashioned advice; but "Sing and bear it" is a great deal better.—*John Ploughman.*

BANQUET TO LOCAL Y. M. C. A.

(Continued from page 1)

and physically of the young men of the city. It has several clubs, classes, etc., and practical talks are given from time to time by successful business men of the city. Its gymnasium is largely patronized and under efficient direction, while the proposed series of entertainments represent a side of its social life. Mr. C. A. Lockwood is the general secretary of the Association which has its own building on East Main street. The two upper stories are given over to the Association, while the lower floor is rented for store buildings. Plans are being made for an enlargement of the gymnasium and for an addition which will provide more dormitory room—a need that is strongly felt at present.

The program followed the banquet. Prof. T. P. Hickey presided as toastmaster and the chief speaker of the evening was the Hon. Thomas E. Barkworth of Jackson, Mich. Others who appeared on the program were Atty L. E. Stewart, president of the association, Mr. Fred Gage, and Dr. J. H. Kellogg who welcomed the guests.

PAIN, weakness, and languor spell "Don't" in Nature's dumb language; attend well to the Don'ts and Nature will do all the Doings as they should best be done.—*Horace Fletcher.*

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Per Copy	.02

VOL. II JANUARY 14, 1909 No. 6

THE REAL TEST

THE Christian Scientists just now are jubilant because of the recovery of a case of *blastomycosis* "in Christian Science," as they say. Blastomycosis when generalized in the body has been regarded heretofore as an incurable malady. The patient was evidently very ill and was looked upon as a hopeless case. She is now apparently well. Whether or not she is really free from all trace of the parasite, which is the cause of the disease, time alone can determine.

The Christian Scientists claim that she began to recover soon after renouncing ordinary medical treatment and beginning Christian Scientist treatment. The claim that she recovered "in Christian Science" can not be disputed if she is really recovered, and if she is really a believer in this cult. The real question, however, is not whether she recovered in Christian Science, but whether she was healed "by Christian Science." As a matter of fact the recovery of the patient proved nothing for Christian Science and nothing against scientific medicine. It only proves that the human system is capable of successfully combating blastomycosis, and so one more grave malady is added to the growing list of curable diseases.

The time was when pulmonary tuberculosis was looked upon as an incurable disease. So was cancer and so were insanity and epilepsy. Experience has shown that the majority of cases of consumption will recover if made to live out of doors and fed properly. No one believes that drugs or doctors can cure tuberculosis. We have found out that cold air is the most valuable curative agent, and so state and federal authorities are as rapidly as possible equipping sanitariums for the treatment and care of this great class of sufferers.

Now if Christian Scientists have the same faith in the power of their "science" as physicians and sanitariums have in good food and pure air for consumption, they will do for the victims of blastomycosis what physicians and sanitariums are doing for consumption, viz.: they will diligently seek out the cases of this malady. There are many in Chicago and other large cities. They will find every one possible and proceed to cure them by their science.

We shall watch with interest to see if there is any such movement on the part of the "scientists." We don't expect to see any such thing, for it has never seemed to be the policy of this

movement to seek out the poor and the needy sufferers, but rather the rich and the opulent—those likely to be able to pay well and to exert a telling influence for the "cult."

The recovery of a single case affords no proof whatever of the curative power of anything except the ability of the blood and the tissues to cope with this parasitic disease. When the Christian Scientists can show as large a proportion of cases of blastomycosis cured by their "cult," or "in" it, as the tuberculosis sanitariums have cured of pulmonary tuberculosis there will be some foundation for the claims which they are now very prematurely putting forward.

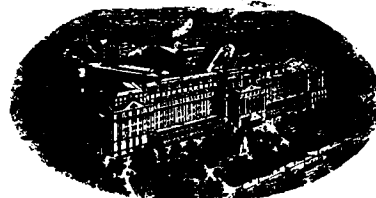
One swallow does not make a summer. As before suggested, let the "scientists" show their faith by gathering all these incurable cases of blastomycosis together in a hospital somewhere and curing at least twenty-five or fifty per cent of them. This would be a far more efficient means of establishing faith in their doctrines and propagating them than the building of so many gorgeous churches. We wait with expectancy for a move on the part of our "Christian Science" friends to improve this golden opportunity to establish the truth of their doctrines and the validity of their movement.

COOKS, NOT CLIMATE, TOO BLAME

A man guest at the Sanitarium recently asked: "Doctor, don't you think people are cured by a change of climate?" "Yes," replied the doctor, "but it is only incidental. The climate is not of so much consequence. It is the change of cook. Many a time a man picks up and goes a thousand miles, and he gets better right away. Investigate the matter and you will find it is simply because of this change of cook. He thinks it is because of the change of air. But he has left behind the old cook that made him sick, that poisoned him every time he sat down to eat. He has a new cook who does not give him the particular poison that has brought him to the condition he is in. That man might have got the same kind of a change by going across the road, and got just the same benefit from it. Of course this is not always true. We used to hear a good deal about the bilious climate of the South. Do not believe a word of it. It is one of the healthiest climates in the world. It is not the bilious climate, but the bilious diet—the hog and hominy, of the South. It is too much fat in the food. Fat lessens the ability of the stomach to digest, and creates a condition of things which results in autointoxication, in the growth and development of germs which poison the body, and produce biliousness."

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THE way in which the public is responding to the special offer of the Battle Creek University of Health is very gratifying. Hundreds of students are already enrolled as members. The first thousand names will soon be secured and that will mean other thousands soon, for those who are taking these correspondence health courses are sure to recommend them to their friends. The Battle Creek Idea has come to stay. It has won its way into the confidence of the people. Man's progress toward greater physical and mental power must be made over the road blazed out by Battle Creek Sanitarium methods. Thousands come to the Sanitarium to learn about these methods. Countless thousands, however, can not or will not come, and to them the correspondence courses of the University of Health will take the Sanitarium's message of increased efficiency and happiness. In offering these lessons to the public the Sanitarium is extending its beneficent influence in untold measure. It is not to be wondered at, therefore, that great numbers of the people, awake now to the importance of modern hygienic methods of regaining and preserving health, are eagerly availing themselves of this opportunity to learn all about the Battle Creek Idea at comparatively small expense.

All five courses of lessons are popular. Each course composed of six lessons will be sent to subscribers postpaid for \$5.00.

The courses in order are as follows: No. 1, Food and Diet; No. 2, Health Exercises; No. 3, Beauty Culture; No. 4, Hygiene of Infancy; No. 5, Home Nursing. The book of reference to be used with these courses is the new edition of Dr. Kellogg's monumental work on the preservation of health and the treatment of disease, *The Home Hand Book of Modern Medicine*. 2 vols., \$10.00. It will be sent postpaid at this price. These lessons and this great work should be in every home in the land.

Send your orders and remittances to The Battle Creek University of Health, Battle Creek, Mich.

Agents wanted.

WHEN WE HEAT OUR HOMES

It is safe to say that the debilitating effect caused by overheating our homes is still only partially appreciated by the multitude; but what is even more important is that few seem to realize the danger to our health caused by insufficient oxygen in our living and sleeping rooms when the winter fires are going. We shut ourselves in artificial hot-boxes in winter, and stay there until spring, and then we are in such a run-down condition that we need tonics, change of air, and, in fact, everything that will build us up again. We do not seem to realize that we have been starving our lungs and blood all winter, and that the tired feeling is simply the result of it. Nature is crying out for a change of living, and not for tonics. Keep the home properly supplied with oxygen in winter, and no matter how hot the atmosphere indoors may be, we will maintain our health.

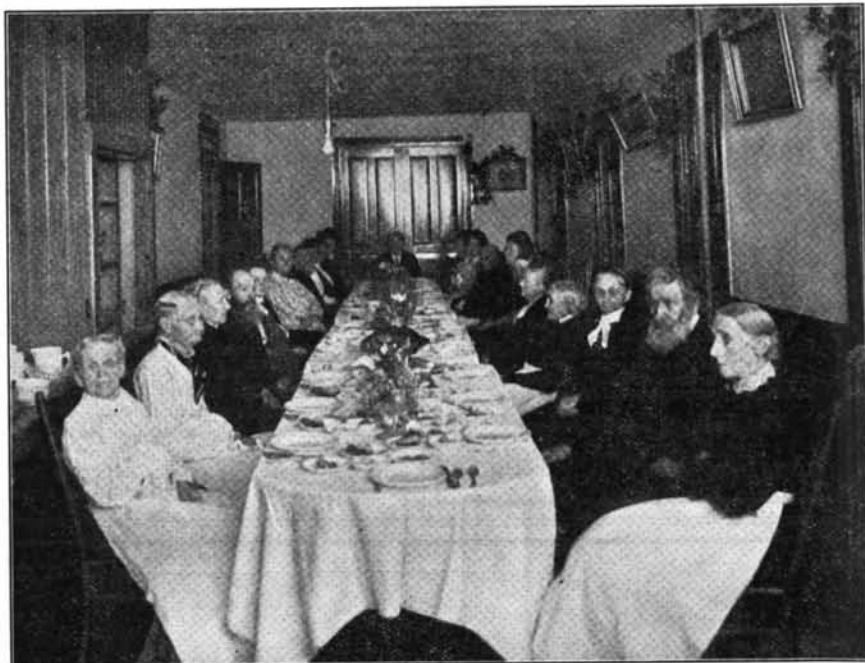
We need an immense amount of oxygen to

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CHRISTMAS DINNER AT THE JAMES WHITE MEMORIAL HOME FOR THE AGED

keep our lungs and blood in good condition, and it is far better to keep the heat going all the time and have the windows open than to close them and economize in heat. Consequently of the two evils, overheating is the least. We have some who appear to think that a low temperature in the house is sufficient. They close windows and doors and shut off the heat. There they stay breathing over and over again the poison of their own breath. Carbonic gas is heavy within the room, and it is insidiously poisoning them.

The other person who wants a high temperature, but fresh air, turns on his radiator or stove to the highest heat possible, and lives with the windows open. Opened at the bottom an inch or two, the space admits the air from outside, and the same amount above permits the foul air to escape. The circulation produced in this way keeps the room thoroughly in full supply of oxygen. There is no stagnant, heavy air; no accumulation of poisonous gases in the lower corners of the room, and the lungs do not have to pant for oxygen.—A. S. Atkinson, M. D., in *January Good Health*.

FATHER is a familiar word; it frighteneth not the sinner, but rather inclineth his heart to love and be pleased with the remembrance of him. Hence Christ, also, when he would have us to pray with godly boldness, puts this word Father into our mouths, concluding thereby that by the familiarity that by such a word is intimate, the children of God may take more boldness to pray for and ask great things.—John Bunyan.

Do WHAT you do right thoroughly, pray over it heartily, and leave the result to God.

"O BROODING Spirit of Wisdom and of Love,
Whose mighty wings e'en now o'er shadow me;
Absorb me in thine own immensity,
And lift me far my finite self above!"



Diet Instead of Nostrums

If you don't feel right, ten chances to one you trace it to your stomach, and from that to your food. Food right—stomach right. Stomach right—health right. Health right—all right. Don't take nostrums, but follow the Battle Creek Sanitarium Diet System at home.

If you say it doesn't improve your health, your money will be refunded.

Ask yourself these questions:

Is your head clear? Do you sleep well?
Is your breath sweet? Are you too fat?
Are your bowels regular? Are you too thin?

Do you feel fit and efficient for your work? Do you feel full of vigor and vital steam all the time, or are you tired and depressed? Is life worth living as you are living it?

If you are ailing you need our balanced diet. Write to-day for our booklet, "Healthful Living," which will tell you how.

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BATTLE CREEK, MICH.

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It is the next best thing to bringing the Battle Creek Sanitarium with its staff of food specialists to your very door. Our book "Healthful Living" will be sent you gratis, on request. If you say Battle Creek Sanitarium Foods do not benefit you, your money will be refunded.

The Kellogg Food Company,

DEPT. K 8

BATTLE CREEK,

MICHIGAN

DOMESTIC SCIENCE DEPARTMENT

"The term 'food salts' has been applied to the essential mineral salts which are found chiefly in the fruits and vegetables. The cereals also are especially rich in phosphates," says Mrs. Minnie Emmons in *Good Health*.

"We might mention among the most important of these salts calcium or lime, sodium, potassium, magnesium, phosphorus and iron. These salts are absolutely necessary to maintain the normal composition and activity of the body tissues. For instance, when all of the calcium going to the heart is removed, the heart ceases to beat, as the calcium is necessary to the contractility of the heart tissue. The body cells can not throw off their waste products nor can they take up food from the blood unless these mineral salts are present. The absorption of oxygen depends upon the iron content of the blood. The excretion of carbon dioxide depends upon sodium carbonate and sodium phosphate. Hence the gas exchange of the blood and tissues can not be regulated without a normal proportion of the two elements. Animals fed on a diet deprived of these salts die sooner than when given no food at all. Thus we can see how important it is that they be supplied in the food, because the blood which is formed from abnor-

mal food is chemically of a poor quality and can not furnish the proper material out of which to build, so to speak, a strong, vigorous boy or girl (both moral and physical).

"Certain diseases are directly traceable to a deficiency of these salts, among which might be mentioned scurvy, rickets, stunted and irregular teeth, certain nervous diseases, scrofula, rheumatism and gout.

"Since the mineral salts are so important, care should be taken that none are wasted in the process of cooking, as they are exceedingly soluble in water. These salts are found most abundantly just under the skin of the vegetables and are removed by thick paring, soaking in water after paring, blanching of vegetables, which is merely to please the eye, boiling in quantities of water and then draining the most valuable part down the sink. In fact, most vegetables should be cooked in a small amount of water, and that which remains should form a part of the sauce in which they are served. The best methods by which to cook vegetables is baking or steaming."

Creamed Celery, with Toast Points

Wash the celery thoroughly, reserving the inner delicate stalks to eat raw, if desired. Cut the cleaned-and-trimmed stalks into three-inch lengths and place to cook in just enough boiling water to generously cover the celery. Cook at just the boiling point until the stalks are tender. The flavors of the celery are due to volatile oils which are driven off by rapid, vigorous boiling.

For each generous pint of celery allow the following amount of cream sauce:—

- $\frac{3}{4}$ cup cream.
- 1 teaspoonful salt.
- 3 tablespoonfuls butter.
- 3 tablespoonfuls flour.
- $\frac{3}{4}$ cup of water in which celery was cooked.

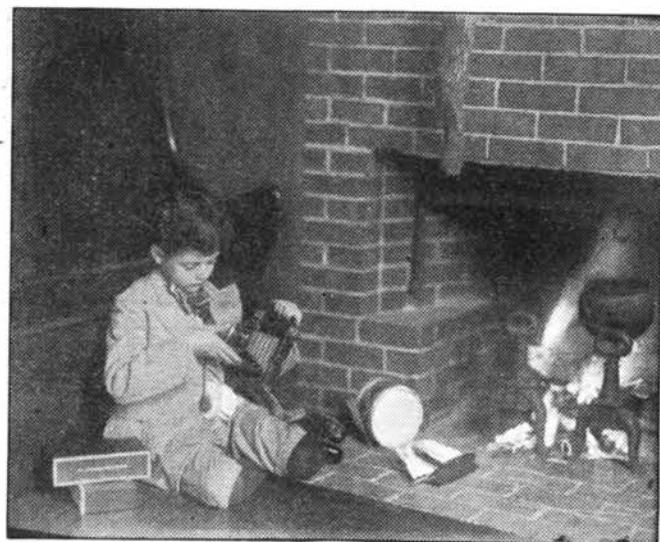
Mix the butter and flour together, add the cream and celery water which has been heated to the boiling point, stirring constantly, and cook five minutes, then add the celery and set the dish over hot water while the toast points are prepared. Cut four or five slices of bread into triangles, toast to a delicate brown, arrange neatly on a platter and dispose the hot celery and sauce upon them. If preferred, the celery may be placed upon the toast with a spoonful of sauce poured across the celery stalks.

Vegetable Cutlets

- 2 cups turnips.
- 1 cup carrots.
- 1 cup thick cream sauce.
- 1 cup peas.
- 1 teaspoonful salt.
- $\frac{1}{2}$ cup cracker or dried bread crumbs.

Steam or boil the vegetables according to directions given above, chop and then measure. The peas may be used whole. Add the salt, cracker crumbs and cream sauce. Form into croquettes, dip in sifted crumbs, beaten egg yolk, and crumbs again; bake to a golden brown in a moderate oven and serve with a brown sauce. A beaten egg may be combined with the cutlets if desired.

"CHILDREN should be restrained from violent manifestations of temper. The best restraining influence is the example, together with wholesome fear of punishment. The hysterical habit comes from persistent indulgence in bad temper to gain one's selfish ends, right or wrong. It usually begins when the patient as a two-year-old throws herself on the floor and screeches and kicks until she gets the other children's playthings, and any other old thing she happens to want."



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"So MANY are wasting life through needless worry," says *The Health Home*. "How many are made unhappy by crossing bridges before they come to them, to find that what they thought to be an impassable stream was nothing more than a mountain rivulet.

"Our greatest troubles are our imaginary ones. Courting trouble is always the result of small faith. A faith that believes that all things will work together for good is the best working principle for life. The best capital a man can have is a strong faith. A man's reli-gious faith is his best asset."

News Notes

Miss Alice White has returned from a vaca-tion spent in West Virginia.

Dr. C. C. Nicola spent a day here this week on business. He reports the best of success with his newly installed Sanitarium at Attle-boro, Mass., which opened the first of the year.

Miss Daisy Wallace has returned from her home in Aurora, Ind., where she has been rest-ing for the past few months. She will con-tinue with her Domestic Science work, finishing in June.

Friends of Miss Helen Welstead, formerly assistant in the Sanitarium library, will be glad to know that she is recovering from a severe illness. Her sister, Miss Mary, is in Chicago attending her.

Mrs. L. A. Kaun of Jackson, Mich., formerly connected with the Sanitarium Nurses' depart-ment, paid a visit to the institution accom-ppanied by Dr. Holcombe and the Misses Mary Moore and Etta B. Lyon.

Physical director Winjum has plans well out-lined for an athletic exhibition to be held in the near future in which five men from the Uni-versity of Michigan will take part, together with the nurses' training department.

Miss Isabelle MacKeracher, visiting nurse, who has been ill for many weeks, is improving slowly. During her illness her work has been carried on by Miss Kenrick. Last Wednesday, Miss Kenrick spoke before the Woman's League, outlining the duties of the visiting nurse and explaining the needs of the city.

The monthly meeting of the Battle Creek Nurses' Alumni Association will be held Thurs-day evening at 7:30 in West Hall parlor. The evening will be given over to a discussion of the Red Cross work in all its phases. There will also be a discussion of the revision of the constitution and a short parliamentary drill.

Many members of the Sanitarium family partic-ipated in the production of Handel's Mes-siah, Tuesday night at the Independent Congrega-tional church. The famous oratorio was well given, both soloists and chorus winning honors for themselves. The church was filled and many were turned away. The proceeds will go toward the support of Nichols' hospital.

The monthly meeting of the Young Women's Christian Temperance Union will be held at 4:30 Saturday afternoon in West Hall parlor, when the following interesting program will be given: Solo, Mr. Bruce Young; address, Miss Carmack, secretary of the "Y" unions of Indi-ana; "The Progress of the Temperance Move-ment During 1908," Miss Chestora Snyder; solo, Miss Way; "Conditions in Calhoun County and Why We Need Local Option," Mrs. E. L. Calkins, State president of Michigan W. C. T. U.

A large audience greeted Miss Clara Clemens on the occasion of her concert recital at the Sanitarium Saturday night. Her voice, a rich contralto, gave evidence of the superior training it has received both here and abroad under the best of masters and her program was well de-signed to exploit her unusual ability. She was assisted by Miss Marie Nichols, violinist, who charmed her audience with her brilliant execu-tion and sympathetic interpretation. Mendels-ohn's familiar Concerto, Op. 64 was particu-larly well rendered and brought forth well de-

served applause, of the sort that demands an encore. Mr. Charles Wark at the piano proved a sympathetic and thoroughly adequate accom-panist.

Miss Julia Anna Hoenes, who has for several years been a member of the Sanitarium family, acting as private librarian for Dr. Kellogg and more recently in charge of the evangelistic work at the Sanitarium, will leave Saturday, Jan. 23, for New York to take up work in the Bleeker street Mission, the original mission to be opened for the rescue work which has been carried on for the past quarter of a century by Charles N. Crittenton. Miss Hoenes became interested in the work through association with Mr. Critten-ton, who was a guest at the Sanitarium the greater part of the summer. The good wishes of her many friends go with her to her new field of endeavor.

A novel entertainment is to be given in the Sanitarium gymnasium Saturday evening, Jan. 16, when V. P. Randall will give an illustrated lecture on the United States Navy. Mr. Ran-dall spent ten years in the navy service and his slides are all taken from views which he took himself. Wherever the lecture has been given it has been warmly praised by the press and it is expected to prove a pleasant form of Saturday evening entertainment for the Sani-tarium guests. Other entertainments scheduled for the immediate future are, an exhibition of athletic sports in which several athletes from University of Michigan will participate on Jan. 23, and a concert to be given Jan. 30 by the male quartette of Albion college.

THE Night is mother of the Day,
The Winter of the Spring;
And ever upon old Decay
The greenest mosses cling.
Behind the cloud the starlight lurks,
Through showers the sunbeams fall;
For God, who loveth all his works,
Has left His hope for all.

—Whittier.

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PERSONALS

Mr. Paul Ritcher of Tenaflly, N. J., is a patient here.

Mrs. J. H. Louis of Dansville, Ill., is a patient here.

Mrs. John J. Lyons of Chicago is among recent arrivals.

Mr. A. L. Bodurtha of Peru, Ind., is a newly arrived patient.

Mrs. J. P. Hansen of Milwaukee, is a guest at the Sanitarium.

Mr. Frank Blair of Rapids City, S. D., is a newly arrived patient.

Mr. F. L. Matthew has returned from New York for further treatment.

Mrs. W. P. Anderson of Boston, Mass., is a newly arrived patient.

Mr. Charles P. Cottrell of Westerly, R. I., is a recently arrived patient.

Mrs. J. S. Baker of St. Croix Falls, Wis., is among the week's arrivals.

Mrs. Fred Thomas of Cleveland, O., is a recent arrival at the institution.

Mr. L. A. Moon of Minneapolis is sojourning at the Sanitarium this month.

Mr. D. H. Campbell of Aberdeen, S. D., is recuperating at the Sanitarium.

Mrs. C. F. Rood of Grand Rapids, Mich., is a new patient at the Sanitarium.

Mr. and Mrs. J. A. Strickler of Uniontown, Pa., are newly arrived patients.

Miss Elsa Richter of Tenaflly, N. J., is a newly arrived guest at the Sanitarium.

Mr. and Mrs. H. C. Hankins of Connorsville, Ind., are recent arrivals at the institution.

Mr. and Mrs. George A. Honey of Park River, So. Dak., are sojourning at the Sanitarium.

Mr. C. H. Farnham of Newburg, N. Y., is a patient at the institution, having arrived the past week.

Mr. and Mrs. T. J. Wornall of Liberty, Mo., are spending a few weeks here resting and taking treatments.

Miss Kate Reynolds of Memphis, Tenn., is among the newly arrived southern patients since the holidays.

Mr. and Mrs. W. A. Straubstadter of St. Louis have returned to the Sanitarium for rest and treatment.

Mr. R. A. Heiter a banker of Calgary, N. W. Territory, arrived here early the past week and will remain for treatment.

Mr. and Mrs. Stephen Corey of Cincinnati, arrived at the Sanitarium the past week and will remain for treatment.

Mrs. Benjamin Chappell and little daughter Jean, of Tokio, Japan, have joined the Rev. Mr. Chappell here at the Sanitarium.

Mr. W. Hageman of Loraine, O., accompanied Mrs. Hageman to the Sanitarium this week. She will remain for some time as a patient.

Mrs. F. E. Branch of Long Beach, Cal., stopped off here en route to her home. She will remain a short time for treatment.

Mr. Willard S. Collgrove, superintendent of the Rescue Mission at Kalamazoo, spent a day as guest of the Sanitarium this week.

Mrs. Hugh Humphreys and little daughter Elise of Memphis, Tenn., are staying at the Sanitarium, having arrived during the past week.

Mrs. A. P. Gilmore and Mrs. Charles H. Marsh of Chicago, frequent visitors at the institution, returned this week for a short period of rest.

Mr. Chas. P. Cottrell of Westerly, R. I., is among the recently arrived patients. She will remain some weeks for rest and treatment.

Mr. C. E. Smith of Elmwood, Ill., accompanied his father J. C. Smith to the institution this week, where he will remain until his health is improved.

Miss E. Maude Soper who has spent some years as a missionary in Japan arrived at the Sanitarium this week, where she will remain for rest and treatment.

The Rev. George W. Hinman of China paid a short visit here this week, en route west. He expects to return later with Mrs. Hinman and remain for treatment.

Editor of Rubetown Weekly Intelligence—“Here’s a letter from our correspondent at Hike’s Cordiers striking for a raise of salary.” *Proprietor*—“What? These hard times? What are we giving him now?”

Editor—“Stamps and paper, but he threatens to resign unless he gets a pencil a month raise.”—*Puck*.

MY HEART LEAPS UP

My heart leaps up when I behold
A rainbow in the sky;
So was it when my life began;
So is it now I am a man;
So be it when I shall grow old,
Or let me die!
The Child is Father of the Man;
And I could wish my days to be
Bound each to each by natural piety.

—Wordsworth.

CAST thy burden upon the Lord, and he will sustain thee.—*Psalms* 55:22.

Cast all your anxiety upon him, for he careth for you.—*1 Peter* 5:7.

1909

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THE BATTLE CREEK IDEA

VOL. II, No. 7.

BATTLE CREEK, MICH., JANUARY 21, 1909.

PRICE, 2 CENTS.

THE INFLUENCE OF THE MIND ON THE BODY

Dr. J. H. Kellogg Tells How Supreme This Is and Relates Instances That Have Come to His Notice

THE BRAIN A MARVELOUS ORGAN

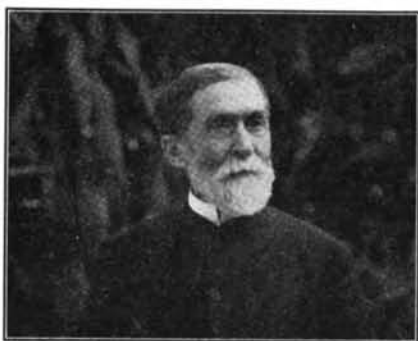
"THE great trouble with Christian Science is that it has taken hold of a few good principles, but it has covered them all up with a great fog, I may say, of false philosophy and nonsense that no intelligent mind can accept.

"Now there is a real foundation for mental cure; there is a scientific mind cure. But mind is not God. Mrs. Eddy says that mind is God and God is mind. She simply makes this bold assertion, offers not the slightest proof of it, gives no foundation on which to rest this proposition. She simply says boldly, God is mind, mind is God; then proceeds to say that God created all things; God is the great healer; mind and God are one; hence mind is God and mind can heal, because God can heal, God can create, mind can create. Now this, certainly, is going round in a circle, and no one except somebody with a peculiar kind of mind, who has attained the third degree that Mark Twain speaks of, in which the mind is left out entirely, can possibly accept any such proposition as that.

"The brain is the organ of the mind. We know that. But how do we know it? We know it by the fact that no creature can think, or manifest any intelligence or any will, without the brain and the nerves.

"There are several trillions of nerve cells in the brain, scattered more or less throughout the entire body, present everywhere in every part of the body, but especially collected in the brain and above all upon the surface of the brain. From these centers there run out long filaments. These cells are gathered together in groups. In the back part of the brain are the groups of cells which store up the pictures which we receive through the eyes, and the sounds we receive through the ears,—the sight pictures and the sound pictures, and the various impressions and sensations. The front part of the brain is the part in which consciousness resides. There is a great amount of work going on in the brain; probably the greater part of the work done in the brain is entirely outside of the consciousness. In the brain there are nerve-cells that take care of the heart, little brain cells that take care of the lungs, and brain cells that take care of the stomach, bowels, and all the different organs of the body. The brain presides over the action of the skin that causes perspiration, checks the perspiration, and induces perspiration; there are other nerve centers that take care of the heat production, the heat-producing functions of the body, stimulate heat formation, or lessen heat formation, and regulate heat distribution. There is in the brain a spasm center, a vomiting center, a sneezing center, a coughing center, a breathing center,—all these centers are working all the while entirely independent of the conscious part of the brain. It is only the extreme front part of the

(Continued on page 2)



BISHOP JAMES M. THOBURN, D. D.

BISHOP JAMES M. THOBURN, D. D., of India, who presides as president of the Interdenominational Medical Missionary Conference being held at the Sanitarium this week, is one of the most prominent figures in the Methodist church. For the past fifty years he has wielded a powerful influence for good in India and his entire life has been one of large undertakings and remarkable accomplishment.

He was born near Saint Clairsville, Ohio, on March 7, 1836. From the little hill which crowned his father's farm could be seen at a distance of four miles, the house in which Bishop M. C. Harris of Japan was born, while from a neighboring hill could be seen the village of Mount Pleasant where Bishop S. M. Merrill was born. In another direction at a distance of about twenty-five miles is situated the birthplace of Bishop Simpson.

He entered Allegheny college at the age of fifteen, and two years later he was powerfully awakened, spiritually, while listening to a sermon by Bishop Kingsley, as a result of which he joined the church.

After several years, following his graduation from college, occupied with teaching, he received his call to the missionary service, and in 1859 he sailed from Boston for Calcutta.

His first appointment was the Naini Tal, a beautiful Himalayan station, where he was practically the only missionary for four years.

He went to Calcutta in 1874 and there really began his great life work. In 1885 he founded the mission which has since become the Malaysian conference. In the same year he was made general evangelist of India and three years later was elected bishop. He has now retired from active service and will spend his remaining years in the United States. He will be a guest at the Sanitarium for some weeks resting after a strenuous lecture campaign which has taxed his strength. He spoke in chapel Sabbath morning before a large audience and addressed two audiences in the First M. E. church on Sunday.

MY GARDEN

A GARDEN is a lovable spot, God wot!

Rose plot

Fringed pool

Ferned grot

The veriest school—

Of peace; and yet the fool

Contented that God is not—

Not God! in gardens! when the night is cool!

Nay, but I have a sign,

'Tis very sure God walks in mine.

—Thomas Edward Brown.

NOTABLE GATHERING OF MISSIONARIES

First Medical Missionary Conference Convened at the Battle Creek Sanitarium with Many Present

IMPORTANT FIELDS REPRESENTED

THE most notable body of medical missionaries ever gathered together in the United States or the world is in session this week at the Sanitarium, where a three days' Conference program is being carried out. The missionaries present number every important field known to missionary endeavor, including China, Japan, India, Africa, Egypt, Congo, South America, the South Sea Islands and many home fields. Many of them, including the venerable Bishop Thoburn, Dr. R. H. Nassau and Rev. J. Boardman Hartwell (each of whom has spent

(Continued on page 5)

GYMNASTIC EXHIBIT ON SATURDAY NIGHT

Director and Students of University of Michigan Will Participate in Program—Many Good Features

NURSES IN MILITARY DRILL

PHYSICAL DIRECTOR A. R. T. WINJUM has arranged for a gymnastic exhibition that promises to surpass anything ever given in that line at the Sanitarium. Among the out-of-town participants will be several athletes from the University of Michigan. Dr. George A. May, director of Physical Training, Ann Arbor, will also be present and give a short talk. Several of the nurses from the men's department will give exhibitions of mat work, tumbling, wrestling and traveling rings and a hundred or more of the men and women nurses will take part in the military drill, for which they have been practicing for several weeks. The program offers a wide variety of events, all of them certain to be of interest to the guests. It is as follows:—

Music by Orchestra

Exhibition Grand March	Patients
Fencing with the foil	Ann Arbor Students
Side Horse	Ann Arbor Students
Swinging Rings	Sanitarium Nurses
Parallel Bars	Ann Arbor Students
Traveling Rings	Sanitarium Nurses
Mat work and Tumbling	Sanitarium Nurses
Horizontal bar work and giant swing	Ann Arbor Students
Nurses' Military Grand March	
	Men and Women Nurses
Indian clubs (lighted)	Sanitarium Nurses
Wrestling, fancy drills etc.	

INFLUENCE OF THE MIND

(Continued from page 1)

brain that possesses the function of consciousness in which conscious activity is going on.

"Each nerve cell has a great number of branches, and little buds for the purpose of forming connections with other cells. Every one of these little buds can form contact with another cell somewhere else; it sends out a long filament. Each cell is a sort of battery, and it has lines that run out from it and associate it with other little batteries, and the other batteries with one another.

"There seems to be such a perfect snarl and tangle of them that it seems utterly impossible that there should be any order there, yet every one of these little cells—and there are some trillions of them in the brain,—every single one of them has its particular function, its particular work, and it is associated with others. So we find here a most wonderful illustration of the phrase of the Psalmist that we are fearfully and wonderfully made. The long filaments that run off, for instance, into the hand and arm are incased in a non-conducting substance, just as you see one of these big cables out here on the telephone pole,—a cable with thirty or forty wires inside of it and thickly wrapped with rubber outside so there will be no cross circuits formed. The center of nerves is the bundle of living wires, and outside is the insulating substance. Many hundreds of these are bundled together in a single bundle to form a nerve.

"The brain is a most marvelous and interesting structure. It has only been known within a comparatively short time. It is the instrument of thought. We cannot say that the brain secretes thought; we cannot say that the brain makes thought as the liver makes bile; we cannot say that the brain secretes thought as the stomach secretes gastric juice; but we know that the brain is the instrument of thought. Just how thoughts come, just how they are developed, is still, I confess, a great mystery. Nobody has really fathomed the origin of thought. Thoughts simply come without our willingness and sometimes crowd in upon us. I say a thought struck me, and it did strike; it strikes very hard sometimes. It comes with startling force into the brain and seems to push up into the consciousness from some place outside of the consciousness. So the mind is really one of the most wonderful functions of the body. No wonder it excites superstitions; no wonder some should even get to the point of thinking that mind is God. Certainly there is something divine about the mind, about mental activity; but we certainly should not idolize it and make a god of it to bow down before and worship. The ten commandments say, 'Thou shalt have no other gods before me;' and it seems to me it comes very close to a violation of that commandment when one says that mind is God and one bows down and worships it.

"Nobody can dispute the influence of mind upon the body. We all know that the state of our mind affects our appetites, affects our bodies in general; we know the mind controls the hand. I can tell my hand to act or not to act and it obeys me. That is, so far as it can. My mind issues the order to my hand, and my hand may not be used to obeying that order. Whether my hand obeys or not depends upon the training of the hand. My will issues the order, but if the order is to be executed, my hand must be trained. My mind might will that I should play upon a violin, and my hand not having the training, the skill, could not play, could not do what it was ordered to do; it must be trained, so the body is not perfectly under the control of the mind, not even the hand. It is only to a degree under the control of the mind. It is only by the training of the hand

itself that it can be so trained that it will execute the orders of the will. When a child makes its first attempt to walk, it has great difficulty in executing the movements of walking, and can only do it in a very imperfect way; but by and by it becomes able to walk, and to control these voluntary muscles to a considerable degree of perfection, if not to an absolute degree of perfection. Some of the muscles, however, such as those about the chest which are concerned with the breathing, are not under such complete control. One never can hold his breath until he dies. One can hold his breath until he has become unconscious, but then the breathing center takes full charge of the breathing muscles and life is restored; so one can never possibly hold his breath until he dies.

"Now it is interesting to inquire, Does the mind have any control over internal parts? Does the brain control the stomach? To some degree at least. Until Pawlow's wonderful experiments were published a few years ago, it was impossible to testify to that with the degree of certainty that we can today; but now we know that there is a most intimate connection between the brain and the stomach, that there is such an intimate connection that we have what is called psychic gastric juice. The mere thought of food, and the sight of food, the smell and the taste of food, without the entrance of food into the stomach at all, are sufficient to generate gastric juice into the stomach, and cause the juice to flow through a fistula in a dog, to flow out in an abundant stream into a collecting receptacle. I have seen this myself in Pawlow's laboratory in St. Petersburg. He has a dog's dairy; he has eight dogs that he brings out every morning and has them stand up there and smell food, taste food, but not really swallow a particle of it into the stomach, and the gastric juice pours out of the stomach into a flask, until each dog has produced a quart of gastric juice. He works at it for about four hours; then he eats the real breakfast; but until that time it is all sham breakfast; he is only tasting his breakfast, but nothing gets into his stomach. There is an opening in his throat so that it drops out again, and he keeps on eating it over and over, with a little addition to keep the flavor up; so the dog is fooled and gets more and more hungry all the while, but never a particle of food gets into the stomach. This gastric juice is shipped all over Europe to be fed to dyspeptics. People who cannot be helped in any other way can often be helped by dog juice. If any of you are in despair, I have some of this dog juice in the pharmacy that I brought home with me. I am not certain, however, that this is any better than some other remedies that we are commonly using. So there is an influence of the mind upon the internal parts of the body. The mind influences the liver. We talk sometimes about being green with envy. Envy produces jaundice sometimes. That is where the phrase came from. Envy disturbs the body to such a degree that the body becomes actually yellowish-green under the influences of this depressing emotion. Sudden bad news comes to a person, and the face is suddenly pale. Good news comes and the face is flushed with joy; so we have it pallid with fear and flushed with joy, as we say. A good woman once in an ancient Grecian gymnasium suddenly received the news that her sons had won the prizes in the Olympian games, and she was so overcome with joy that she fell dead upon the spot. More than once it has happened that sudden bad news has caused instant death because of the shock to the nervous system and the impression made upon the brain, and through this depressing influence from the brain upon the body.

"Through its connections the brain really occupies the entire body, so that it is not simply in the brain that we think, but it is with the

whole body; not with the brain that we feel, or with the finger that we feel, but with the entire body. The brain is everywhere just as the heart is everywhere in the body through its connection with the blood-vessels. There is an anatomical connection between the brain and the body; and the physiologic connection between the brain and the body that lays the foundation for control.

"Let me give you a few interesting incidents that I have personally been acquainted with, and that are known in medical literature, of the marvelous influence of the mind upon the body in controlling disease and curing disease. In a New York hospital at one time a doctor tried an experiment upon the patients,—sent around in the morning a perfectly harmless medicine, simply a little sugar water, which he distributed through both the men's ward and the women's ward. Soon afterward he sent a nurse around shouting out in each ward, 'Oh, the Doctor made an awful mistake—he gave an emetic this morning instead of a powder.' He set every man in the ward vomiting, but only a few of the women vomited. That is an unusual circumstance, for women generally get the worst of it when imagination is in operation. But in this case it was the men. Dr. Stephen Smith told me a personal experience he had in Buffalo during the great cholera epidemic there, fifty or more years ago. He had charge of a hospital in which the cholera patients were brought in, and they were all kept downstairs, until it was ascertained whether or not they really had the cholera. Upstairs they had the cholera patients. A man came in with a serious eye trouble to be treated,—he hadn't cholera, or any symptom of it at all. After he got into the hospital, he heard there were cholera patients upstairs, and he began to feel bad. They took him upstairs, took care of him, and by the afternoon he got so bad he was not recognizable by his friends, and before the next morning he was dead,—simply scared to death.

"There was another man who was put into bed, a perfectly healthy man, and they told him after he was put into bed that cholera patients had been in that bed just before he was. He began to feel sick right away, and they had a terrible time of it to save that man's life. He had all the symptoms of cholera in less than ten hours.

"A patient came into my office some years ago and said, 'Doctor, the nurse neglected me this morning. You know that thing the nurse comes and puts into your mouth in the morning!' It was the thermometer we use for taking temperature, and the lady did not know what it was for. 'Well,' she said, 'yesterday morning she left it in half an hour and I felt a great deal better, but this morning she left it in only five minutes, and I did not feel nearly so well.' The morning before the nurse had forgotten her, being quite busy, and had left the thermometer in her mouth twenty-five minutes longer than necessary, and the patient felt neglected because she did not have the opportunity to hold it in her mouth. She thought she was getting better every minute, and felt new energy and new life coming into her.

"This whole system of magnetic healing is based upon imagination. It began with a man by the name of Mesmer, away back in Paris something more than a century ago. Benjamin Franklin was there at the time, a member of the French Academy, and he witnessed the operations of this man Mesmer. He had a large magnet in a tub. Magnets had recently been discovered at that time, and he had some iron handles attached to the magnet, had his patients seated around the tub and take hold of these iron handles, two patients grasping the same handle forming a circle around the tub, and people were getting better, and claimed to be cured. Benjamin Franklin was appointed a

member of a committee to investigate the matter, so they went there and, without the man knowing it, they took the metal out of the tub and put into it a piece of wood painted black just like the magnet. Then Mesmer brought in his patients and had them take hold of the handles, and they were helped just as much as before. It was published in the papers widely afterward that this investigation by the committee had been the means of enabling him to make a great discovery, that he had discovered the magnetism was not in the tub at all, but the magnetism was in himself. And that was the beginning of animal magnetism, and that is where it started. When I was in Paris first, some twenty-four years ago, I spent some time at the clinic of the great Prof. Charcot, in the hospital Salpêtrière, and one of the common treatments there was the application of wooden magnets to patients who had certain kinds of troubles. Pieces of wood were applied to their hands, pressed over them, and they were relieved every time. People were being treated by the hypnotic cure, the mind cure method in various ways.

"When I was a recent young graduate in medicine in New York City, I was associated for a time as an assistant and a student with the eminent Dr. George M. Beard, who was the first scientific electrician in this country,— professor of nervous diseases in one of the colleges of New York City, and editor of the *Journal of Nervous Diseases*. I was spending a time with Dr. Beard to get the benefit of his experience and knowledge of electricity, and Dr. Beard was making a series of experiments in what we call mental therapeutics. I assisted him in keeping records of his cases, following them up afterward, and it was an extremely interesting experience. The Doctor's method, which was very simple, was this: He took a couple of brass knobs off his battery. They had no electricity in them of course; they were only the handles of the box of the battery. He placed one on the top of the lower window sash, and held the other in his hand. I brought in and introduced the patient to the doctor, as the great Dr. Beard. He did all the lying. I didn't do that, but I must admit I was an accomplice. The doctor said to the lady patient, for instance, 'Madam, you are sick, I suppose.' She said, 'Of course I am; I would not come here if I was not.' 'Very well, sit right down here; we will cure you. We don't care what is the matter with you, we are doing miracles here every day; we don't think any more of doing a miracle than we do of eating dinner. Now, madam, what is the matter?' 'Well, I have got such a terrible pain in my neck and the side of my head that I cannot sleep nights, doctor.' 'All right, we will cure it; in five minutes it will be gone.' So the doctor began: 'Madam, you see that object over there in the window?—That is a powerful magnet. Now, this other object, which I have in my hands, is also a powerful magnet. It is the mate of that one. I am going to apply this magnet to your head, and the magnetism will pass from this magnet to the other magnet and will carry the pain out of your head over there.' So he began applying it, and counting irregularly, 'one, three, five, nine, seven, eleven, fifteen, thirteen,' and so on. 'Do you feel it, madam, do you feel it in the little finger of your hand? Do you feel it in the great toe of your right foot? Do you feel it?' 'Yes, yes, I feel it, running up and down my arms; I feel it in my leg; I feel it running up and down all over me, doctor; I feel it quivering, thrashing, everywhere.' Then he said suddenly, 'Madam, where is your pain?' She looked all around the room and did not see it anywhere. The pain was all gone. So the woman went home perfectly free from pain. She had suffered so she could not sleep nights, but was entirely relieved, and did not have any pain afterward.

"A poor woman came in, pale, sick, sad looking, unhappy, with a child six months old; she could not sleep nights, could not eat, was very thin, emaciated when she sat down. She received the very same treatment, and in addition a bottle with something in it that had a bad taste but had no medicinal effect at all,—simply a bad taste,—some quassia chips and other things in it. Now, the doctor said, 'Madam, I want you to take this medicine. Put one drop of it on your tongue at noon just as the clock is striking twelve. Don't swallow it. Remember, put it on your tongue, just one drop, not more than one drop,—if you should take more than a drop, madam, I would not be responsible for the consequences. Take one drop as the clock strikes twelve. If the clock strikes twelve before you get it on your tongue, don't take it until the next day; take it exactly according to directions, madam, or I would not be responsible for the consequences.' So she had the medicine to take, and she then sat down to take the treatment. The Doctor said, 'Fix your eyes right on that magnet, madam; don't take your eyes off the magnet, for if you did, I would not be responsible for the consequences.' The lady sat down, fixed her eyes upon the magnet, had her dose of medicine, and went home, and as she went down the hall, she heard the doctor saying to her, 'Madam, you will sleep sound tonight, better than you ever did in your life; you will sleep perfectly sound all night long.' The last words she heard were, 'You will sleep, madam, sleep sound.' That woman came back in two weeks, and she had gained fifteen pounds. The next two weeks she went right on, taking the medicine, sleeping sound every night, and in just a little while was a well and happy woman, and she had had nothing in the world but humbuggery. Yes, I think there was something more. She had faith, and her faith made her whole. Her faith cured her. That is the reason why the mind cure doctor succeeds in certain classes of cases; and that is why the Dowie method succeeds sometimes. I saw an announcement in one of his papers one time that he laid hands upon 70,000 people every year, but his paper reported only 700 cures, so it would appear there were several people that were not cured. That would be about one per cent of the people, one out of 100 he prayed for cured, by his own announcement, out of 70,000—only 700 reported cured, and a good many of those were not actually cured. That is a very small degree of success, certainly; but there is a certain class of people that can be cured who are simply laboring under a fear and need to have it cast out."

Caramel Charlotte

1 cup sugar
1½ cups of cream
½ cup cold water
¼ ounce vegetable gelatin cooked in one cup boiling water
¼ teaspoon cream of tartar
½ teaspoon vanilla
4 egg whites

Soak the gelatin in hot water for one hour, wash through two or three waters, cook until dissolved, which will be about ten minutes.

Cook the sugar, cream of tartar and one-half cup cold water together until the syrup begins to turn a faint straw color, then remove from the fire as the syrup will be sufficiently hot to finish caramelizing. Beat the egg whites until stiff and pour over them, beating meanwhile, the hot syrup; add the cream, vanilla and vegetable gelatin, beating constantly. Set in a pan of cold water and stir occasionally until mixture begins to thicken. Pour at once into wet molds. If caramel flavor is not desired, the syrup need not be boiled so long.

Walnut Croquettes, Tomato Cream Gravy

These are most delicious, and will make an excellent substitute for the yearly sacrifice.

1 cup chopped or ground English walnuts.
1 cup mashed potatoes.
1 teaspoonful salt.
1 cup soft bread crumbs.
Yolks of 3 eggs, well beaten.
1 teaspoonful grated onion.

Mix together thoroughly, shape into any desired form, bake in a moderate oven twenty to thirty minutes.

Use either freshly cooked or canned tomatoes. Drain off the juice and put the pulp through the colander. Measure the desired amount of the pulp and heat to boiling. Moisten the flour with a little of the cold cream and add slowly to the boiling tomato, stirring constantly. Add seasonings and remainder of cream. Cook five minutes and serve with the croquettes.

WHAT MATTERS IT?

"WHAT matters it, friend, if the way be long? There are wayside flowers, there are bursts of song

To gladden the fleeting hours.
The ship sails not till the strong winds blow,
And the sun shines on tho' the clouds hang low—

Why fret at the passing hours?"

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Three Months	.25
Per Copy	.02

VOL. II JANUARY 21, 1909 No. 7

THE AIR WE BREATHE

THE past few weeks of crisp cold weather, without winds or driving storms of snow has been of priceless value to invalids. Here at the Sanitarium dozens of them are daily being restored to health and renewed vigor by rest in the out-doors, where they breathe the pure air that acts as a tonic to their worn bodies and cleans the blood as a bath of water cleans and tones up the exterior of the body. The air which enters the body is spread out over a surface of two thousand square feet of membrane in the air cells and passages of the lungs. Under this delicate membrane all the blood of the body passes every two or three minutes to be cleansed by this clean pure air. The bath is repeated on an average of eighteen times a minute, so that in an hour the lungs have more than a thousand cold air baths, which stimulate the entire body and do their large part in the healing process.

The cheapness of the commodity—fresh air—is doubtless one of the reasons why it is so little valued by the average invalid—who prefers to sit snugly in a warm room where the air has been breathed over and over again until it is full of poisons. It is oxygen that the blood cries out for and oxygen that it must have if the blood is to restore the body to glowing health. There is no necessity for the body to become cold by exposure. Wrap up warmly with many blankets; provide hot-water bottles for the feet, but leave the mouth well exposed and sit where you get a bit of winter sunshine if possible, out of the reach of the wind, in some sheltered nook. Two or three hours a day of this sort of treatment for the convalescent will work wonders.

The Chicago Health Department has inaugurated a system of Daily Health Hints, published in the *Chicago Tribune*, which should prove of value to the public health. They follow along the lines of prophylaxis, the keynote to modern medical science. Here is a pertinent bit on breathing that appeared recently:—

"A noted physician has said that only those who are too lazy to breathe have consumption. Medical men, too, are generally agreed that people who breathe full and deep—that is, use their lungs to their full capacity, seldom have this disease. It is also asserted that persons stricken with consumption and who begin at once to breathe as they should, recover. Breathing, like eating, is a matter that each individual may control. In other words, it is left with each

one of us to say just how much or how little of life-giving air shall be taken into the lungs and how much of the life and health destroying products shall be exhaled.

"For those who work indoors it is an excellent thing to take a few breathing exercises in the morning and then again at night before retiring. Be sure to throw open the windows in order that the air you take is good, fresh, out-door air. If possible, the morning exercises should be taken out of doors."

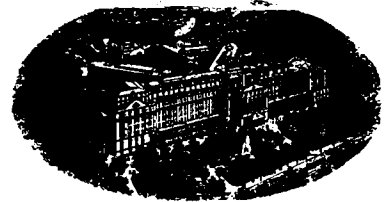
SCIENCE AND BEEF TEA

MORE than a quarter of a century ago the fallacy of the supposition that extract of beef represented concentrated strength, was pointed out by scientific men. Dr. Austin Flint, of New York, in his lectures and writings for several years before his death, called attention to the fact that the analysis of beef-tea and that of urine give practically identical results. That is, the composition of beef-tea is not materially different from that of urine. The reason for this is obvious. Urine is an extract of the tissues. The blood, in bathing the tissues, washes out from them the poisonous matters which have accumulated as the result of work; and these poisonous matters are carried to the kidneys by the blood streams, and are by these organs extracted from the blood and discharged from the body into the watery solution which forms the urine. An extract made direct from the tissues, as in steeping meat, beef, mutton, or chicken in water, must naturally, then, possess the same scientific characteristics as urine. What could be more absurd than to suppose that beef-tea or animal products could possibly possess any substantial nutrient value, or were capable of producing beneficial effects when administered? The chemical department of the United States government has made a careful study of beef-tea, beef-juice, the extract of beef and other animal extracts, and the result has been the demonstration that a pint of beef-juice has only about half the nutrient value of an equal quantity of milk, while beef-tea, broth or bouillon prepared in the usual ways from extract of beef contains less than one-sixth as much nutrient material as the same quantity of milk. Even fresh apple-juice and the juice of other fruits are found to contain double the nourishment of an equal quantity of animal broth of any sort. The facts and figures relating to this matter are given in Bulletin No. 28 (Revised Edition) of the Agricultural Department.—*Good Health*.

To transmute everything into happiness and joy, this is supremely the work and duty of the heavenly-minded man. To reduce everything to wretchedness and deprivation is the process which the worldly-minded unconsciously pursue. To live in Love is to work in Joy. Love is the magic that transforms all things into power and beauty. It brings plenty out of poverty, power out of weakness, loveliness out of deformity, sweetness out of bitterness, light out of darkness, and produces all blissful conditions out of its own substantial but indefinable essence.—*James Lane Allen*.

THE MEDICAL MISSIONARY

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NOTABLE GATHERING

(Continued from Page 1)

over fifty years laboring in a foreign field), have world wide reputations as leaders in the great movement of bringing the message of Christ to every known land.

The majority of those in attendance are now sojourning at the Sanitarium, recuperating from their labors. In his address of welcome, following the luncheon at two o'clock, Dr. Kellogg said, that the day was to him the happiest in his life and meant the culmination of long years of anticipation. For the past thirty odd years he had been looking forward to the time when the Sanitarium would be recognized as the headquarters for missionaries from all over the world. "It is the proudest day in the institution's history," said he. "The plant that has been developing for forty years is just now beginning to blossom." He also took occasion to mention the seventy students of the American Medical Missionary college, who were present in the choir, and said that he and his colleagues were glad to have a part in the work of training them, that they might go out and follow in the footsteps of the noble heroes represented at the conference.

The colors of the conference are scarlet and white, forming a double cross,—the red cross of St. George representing medical aid, and the white cross of St. Andrews, behind it, for Gospel effort. Andrew was the first man to lead another man to Christ, and the object of the medical missionary is not only to relieve suffering, but to bring Christ to the world and the world to Christ.

THE conference opened with a reception in the fifth floor parlor followed by luncheon at 1:30. Then followed the praise and prayer meeting, in the Chapel, led by Bishop James M. Thoburn, D. D., India, 1859; Dr. John H. Kellogg then welcomed the guests and introduced the speakers who responded to the following toasts: City and Pastors, Rev. William S. Potter, D. D.; response for Medical Missionaries, Rev. R. H. Nassau, M. D., D. D., Africa, 1861; response for Non-Medical Missionaries, Rev. J. B. Hartwell, D. D., China, 1858; then followed the roll call of departed medical missionary heroes from both sides of the Atlantic and five-minute testimonials and reminiscences of departed heroes.

EVENING MEETING.

Chairman, Rev. John A. Brunson, D. D., Japan. MEDICAL MISSIONS AS AN EVANGELIZING AGENCY—Africa, Rev. R. H. Nassau, M. D., D. D.; China, Rev. J. H. McCartney, M. D.; India, Rev. A. L. Kennan, M. D.; Home Fields, Dr. David Paulson, Dr. Carolyn Geisel.

WEDNESDAY.

Women's Prayer Meeting—Second-floor parlor. Leader, Mrs. I. L. Stone, India, 1875.

Men's Prayer Meeting—Chapel. Leader, Rev. W. B. Boomer, Chile, 1875; Chairman, Rev. Arthur McCauley, India, 1900.

The Condition of Women in Non-Christian Lands and the Value of Medical Missions: India, Dr. Winifred Heston, India; China, Dr. Emily D. Smith, China; Dr. May Carleton, China; Africa, Mrs. Joseph Clark, Congo; Turkey, Mrs. McNaughton, Turkey; Egypt, Mrs. A. F. Grant, Egypt.

EVENING MEETING.

Chairman, Rev. W. H. Phelps, D. D.

Fifteen-minute talks on the advantages of medical missions, including: Relief of Suffering, Caring for Missionaries, Overcoming Prejudice and Opposition, Opening the Door for other Workers, Self Support.

CRAVEN BROTHERS - - Jewelers

(Successors to H. J. Sevy)

We carry everything in Up-to-Date Jewelry and Novelties
Repairing of All Kinds Neatly and Promptly Done

217 MAIN STREET WEST, - Opposite McCamly Park

Eight speakers, four medical missionaries and four non-medical missionaries: Dr. Charles L. Bliss, China; Dr. A. F. Grant, Egypt; Dr. R. S. Hambleton, Turkey; Dr. A. J. Reid, Hawaii; Bishop James M. Thoburn, D. D., India; Mrs. I. L. Stone, India; Rev. W. Y. Jones, Japan; Rev. J. H. Freeman, Siam.

THURSDAY.

General Prayer Meeting. Leader, Rev. Benjamin Chappell, D. D., Japan.

Medical Mission Methods, Evangelistic, Financial, etc.—Three ten-minute talks by medical missionaries. Chairman, Rev. B. Frank Taber, D. D.

Education of Medical Missionaries in Home and Foreign Lands: India, Dr. A. L. Kennan; China, Dr. J. E. Skinner; Home Lands, Dr. John H. Kellogg, Dr. George D. Dowkontt.

Luncheon—South dining-room, at 6:30.

FINAL MEETING.

Ten-minute talks on The Need for and Value of Medical Missions, by non-medical missionaries. Chairman, Dr. G. D. Dowkontt.

Miss L. M. Rolleston, China; Mrs. Royal G. Dye, Congo; Miss Katherine Gerow, India; Mrs. C. W. Hall, China; Miss Anna Long, Assam; Rev. W. P. Byers, India; Rev. Mathewson, Japan; Rev. E. H. Richards, East Africa; Rev. Fredrickson, Congo; Rev. S. C. Burger, India.

Farewell Greetings: Bishop Thoburn, Dr. Kellogg, and others.

COURSE NUMBER ONE IN THE SCHOOL OF HEALTH

One of the Most Popular in the Series As Well As One of the Most Important

A GREAT OPPORTUNITY

THE first course in the series of correspondence health lessons being offered in the Battle Creek University of Health is on the important subject of what we should eat and how we should eat. This course called "A Complete Food and Diet Course" is very naturally number one in a series of health studies as there is no one thing that so vitally affects man's welfare as the stomach and what goes into it.

That the race needs scientific instruction in the matter of food values and balanced rations is very evident from the prevalence of various forms of stomach trouble. Cancer of the stomach especially is increasing to an alarming extent. It is said that ninety per cent of our ills originate in the stomach. So it is hardly necessary to argue our case.

Very evidently men generally are woefully ignorant on the subject of the care of the stomach and the selection of a proper diet. On the other hand the Battle Creek Sanitarium probably knows more about the scientific

treatment of stomach disorders of foods and the balancing of diets than any other health institution. It has successfully treated all forms of dyspepsia for over 30 years.

The result of this experience is set forth clearly and simply in these lessons so that he who runs may read. While the lessons are thoroughly scientific the technical terms are explained so that the average person can fully grasp their meaning.

To the millions in this country who are suffering from the results of improper eating these lessons offer a certain relief if carefully studied and followed. Thousands should enroll in this course at once and begin to win back the health which has been lost.

A special opportunity is open to the first one thousand or charter members who enroll, to take advantage of these lessons. Inquiries should be addressed to the Battle Creek University of Health, Battle Creek, Mich.

THE BETTER THINGS

"THE capacity of sacrifice and sympathy is but the little in man answering to what is large in God.

"Here deep answers unto deep. The real definition of the Divine One is, he remembers those in bonds, and it is more blessed to give than to receive; more blessed to feed the hungry than to be fed; more blessed to pour light on darkened misunderstanding than wanting to be taught; more blessed to open the pathway through the wilderness of doubt than to find a guide when wandering helplessly about; more blessed to bring in the wayward, bewildered pilgrim than to be lost and rescued; more blessed to forgive than to be forgiven; to save than to be saved."



Endorsed by the Battle Creek Sanitarium

Diet Instead of Nostrums

If you don't feel right, ten chances to one you trace it to your stomach, and from that to your food. Food right—stomach right. Stomach right—health right. Health right—all right.

Don't take nostrums, but follow the Battle Creek Sanitarium Diet System at home.

If you say it doesn't improve your health, your money will be refunded.

Ask yourself these questions:

Is your head clear? Do you sleep well?
Is your breath sweet? Are you too fat?
Are your bowels regular? Are you too thin?

Do you feel fit and efficient for your work? Do you feel full of vigor and vital steam all the time, or are you tired and depressed? Is life worth living as you are living it?

If you are ailing you need our balanced diet. Write to-day for our booklet, "Healthful Living," which will tell you how.

The Kellogg Food Company

Dept. J 11.

BATTLE CREEK, MICH.

OWE no man anything save to love one another.—*Romans 13.8.*



Endorsed by the Battle Creek Sanitarium

NATURAL FOODS AT YOUR HOME

Take care of your stomach and your health will take care of itself.

This has been proved by more than half a million men and women who have taken the Battle Creek Sanitarium Diet System and have been restored to health. In your own home you can become well and strong through this tried and true system of

NATURAL LIVING

It is the next best thing to bringing the Battle Creek Sanitarium with its staff of food specialists to your very door. Our book "Healthful Living" will be sent you gratis, on request. If you say Battle Creek Sanitarium Foods do not benefit you, your money will be refunded.

The Kellogg Food Company,

DEPT. K 9

BATTLE CREEK, MICHIGAN

QUESTION BOX DEPARTMENT

EACH Monday evening, Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. What is the cause of a feeling of fullness on the top and near the back part of the head?

A. It is a neurasthenic symptom.

Q. Will one weigh more after eating than before?

A. One ought to. It depends on the number of calories you have eaten. If one should, for instance, eat a pound of food at a meal, after eating he should weigh a pound more than he did before.

Q. How long does the food remain in a healthy stomach after a meal?

A. That depends on the stomach. I have known it to remain several days. In fact, I know of one case in which some roasted peanuts remained in a man's stomach three weeks. Ordinarily the food should remain about three hours. From two to three hours, according to the character of the food. Liquid foods pass

out in from 15 to 40 minutes, or sometimes it takes a longer time, depending on the quantity of course. But foods like bread and butter are retained three or four hours. Cake, mince pie and doughnuts may remain until morning. Griddle cakes may never pass out.

Q. I have a daughter of 20 who has suffered greatly with gas in the stomach. It affects the heart and causes great pain in the left side. Please give answer as to diet and treatment.

A. In the first place have her fletcherize thoroughly. She probably swallows food too fast and carries down a lot of air with it, so it may not be the gas from the food but it may be air. A great many people have acquired the practice of swallowing air without being aware of it. Whenever she feels a disposition to swallow air, or rather to raise air from the stomach, have her simply take four or five deep breaths and keep the mouth wide open. As long as you keep the jaws open the air cannot go down into the stomach. A fomentation or vibration to the stomach, or kneading the stomach, and thorough mastication of food are measures which usually effect a cure.

Q. Are pimples on the face caused by goitre?

A. No, they are caused by intestinal auto-intoxication.

Q. Can a person with prolapsed stomach have good digestion?

A. No, not for any great length of time. The digestion will sooner or later fail.

Q. What foods would you recommend in cases of hyperacidity with an unusual amount of gas in the stomach and bowels, obstinate inactivity of the bowels, and shooting pains in the liver on the right side?

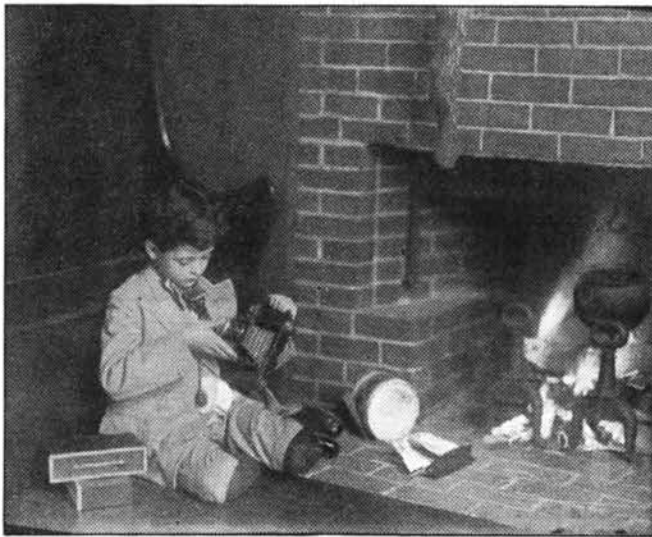
A. This patient needs something besides dietetics. In the first place he needs antitoxic foods. In the next place he should take foods that will encourage intestinal activity or laxative foods, then he will need some treatment to relieve the pain and to stimulate intestinal activity and improve digestion.

Q. Does the drinking of any kind of mineral water produce goitre?

A. No, I think not. I think goitre is due to intestinal auto-intoxication. Why does that cause goitre? It is a part of the duty of the thyroid gland to aid in destroying poisons. Now, when poisons are taken in in abnormal quantities, the result is over-stimulation of the thyroid gland, too much work to do, so it becomes overgrown. Exophthalmis goitre is one of the forms of this disease which is especially due to this cause, to intestinal auto-intoxication. You cannot get well without giving attention to that fact.

Q. Do non-flesh eaters suffer less from dental troubles than meat eaters?

A. Most assuredly they do. I am sure that anybody who has visited a tropical country and has noticed the natives of tropical countries that live on a non-flesh diet has been particularly struck with the fine teeth of the natives of those countries. Meat eaters suffer greatly from decay of the teeth. Why? Because fragments of food encourage the growth of every kind of germ, and that causes ulceration. Every spot of decay on the teeth is an ulcer of the teeth. Destruction of the teeth is the most common of all human maladies, and it is due to germs just as well as an ulcer of the skin or any other part of the body. These germs are a kind of germs which are stimulated and fed and encouraged to grow by meat diets. The fact is that the germs which cause decay of the teeth are found in meat.



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KODAKS, \$5.00 to \$100.00

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ARRIVALS

THE list of arrivals for the week ending Jan. 18 is as follows: J. S. Allen, Jr.; A. F. Skeele, Mich.; R. D. Mitchell, Mo.; Mrs. J. Ascheim, Ill.; A. G. Slaght and wife, Mich.; Gertrude F. Shott, Ill.; Mrs. Henry Menke, Ill.; Miss Elia Whirter, Ind.; Mrs. C. A. George, Wis.; Miss F. Bolander, Ill.; Mrs. C. D. Warne, Minn.; Mrs. C. I. Talman, Mich.; Mrs. Mary Miller, Mich.; Irving Austin, Mich.; Mrs. C. H. Brady, Calif.; G. I. Goodenow, Ill.; Dr. G. T. von Carlitz, Ill.; M. J. Cummings, N. Y.; Mrs. O. A. Sears, Mich.; R. H. White, Pa.; Austin A. Hoag, O.; W. Z. Thomson and wife, Ky.; I. Goldsmith, Miss.; Alfred Jensen, Ill.; Charles Sipschen, Minn.; Miss Rosana Predmore; R. Earl Mulligan, O.; Jos. Zeigler and family, Ind.; Mrs. Fred Hilton, city; J. L. Fearing, Ill.; B. G. Tremaine and wife, O.; Mrs. Augusta Hansen, Ill.; Ed. Cowles, Ky.; Dr. Blorrie, Minn.; G. R. Frenshard, Ill.; J. E. Lilly, Tex.; Mrs. J. B. Burmeister, Pa.; Miss Hazel E. Weinman, Pa.; Mrs. W. H. Woodley, Mich.; F. Earle, N. Y.; J. Vanderhook and wife, Mich.; Timothy Shanahan, Mich.; Philip Brecht and wife, Ia.; Mr. and Mrs. H. H. Albert and child, Ind.; Jennie S. Farwell, Mass.; M. R. O'Malley, city; W. B. La Force, Ia.; Mrs. P. R. Walker, Ill.; Frances E. Walker, Ill.; T. L. Bayeur, Fla.; Chas. Comadis and wife, Mo.; W. D. Rogers, Mo.; J. M. Thoburn, Pa.; J. R. Metheny, Pa.; J. W. Brill, N. Y.; Mrs. W. C. Crisman, Ia.; Emily D. Smith, O.; J. P. Hanson, Wis.; J. W. Osborn and wife, Mich.; Mrs. J. M. Fritz, Ia.; Mrs. A. J. Jonson, Wis.; H. S. Hubbard, Mich.; Mrs. Richard Caples, Tex.; W. R. Kralke and wife, Ind.; John Kelly and daughter, Mo.; Timothy Shranahan, Mich.; W. M. Danner, Mass.; I. N. Bushong; J. M. Ward, city; Mrs. L. E. Stewart, city; L. M. Dunning, M. D. Ind.; Ed. Lie, Mich.; Miss A. M. Langham, Ohio; H. G. Smith, Mich.; Mrs. J. D. Kellam, Mo.; R. B. Brumbaugh, Ill.; W. F. Mathewson, Japan; Charles W. Shoemaker, Ind.; R. P. Couter, Mass.; Mrs. H. V. S. Peake, Mich.; H. Anthony, Ill.; Miss Armbruster, Japan; W. E. Newark, Mich.; J. C. Hoffstetter, Pa.

News Notes

The C. C.'s gave a surprise birthday party Monday evening in honor of Miss Edna Robinson, Champion street.

Mrs. E. L. Calkins, State president of the W. C. T. U., is making the institution her headquarters for the remainder of the month, while she speaks in this county in the interests of local option.

Prof. Albert Gale and Martha Brockway Gale gave a unique entertainment in the gymnasium Tuesday evening, exploiting the music and myths of Old Japan. The entertainment was illustrated with typical songs and characteristic melodies played upon the native instruments and proved both interesting and profitable to the large audience which gathered to hear it.

The local W. C. T. U., the Sanitarium union and the Young Women's branch at the Sanitarium met in committee at the Sanitarium Monday to discuss plans for the entertainment of the State W. C. T. U. which will hold its annual convention in Battle Creek the first week in June. The Sanitarium will entertain fifty guests and tender a banquet to the entire convention body.

On Saturday night following the regular monthly meeting of the Young Women's Christian Temperance union, held at West Hall, the members adjourned to the new rest room in the college building where a short dedicatory service was held, after which the affair partook of the nature of a farewell for Miss Julia Anna Hoenes, who leaves this week for New York to take up Rescue work in the Crittenton mission, on Bleeker street. Several informal speeches were made and light refreshments were served.

The illustrated lecture on the United States Navy, given Saturday night by V. P. Randall, proved to be one of the most highly entertaining lectures on the entertainment course of this season. The speaker told many interesting facts about the life and training of Uncle Sam's seamen soldiers, and his pictures, taken by himself, were fascinating and gave a comprehensive idea of the recruiting stations, the training schools, navy yards, life on board training ships and battle ships, together with the various kinds of boats and ships built and used in the service, including the torpedo boats, sub-marines, gunboats, cruisers, battle ships, etc.

Dr. Carolyn Geisel has her program of lecture engagements filled to overflowing this month. She will make on an average two addresses a day in the state during the present month in the interests of the anti-cigarette bill. On Sunday night she spoke in Hastings, under the auspices of the W. C. T. U., on Tuesday in Grand Rapids as guest of the federated clubs of the city and the local W. C. T. U., on Wednesday she lectured in Lansing, returning Thursday to speak before the Medical Missionary conference. Although she has been at work but a part of the month, she has already secured nearly 1,000 pledges from the boys of the state.

The Battle Creek Chautauqua committee has outlined a tentative program for next season which offers many alluring attractions. Nature lovers will be glad to know that a week's study under Prof. S. Schmucker of Amherst college will be offered them. Miss Nina Lamkin, the children's entertainer, will introduce a new program differing greatly from the Seton Indians of last year. It is called "Im Garten-spiel" and will partake of the nature of the German garden play and is sure to attract the small visitors. The domestic science department will be in charge of the Sanitarium school, with Dr. Geisel and Mrs. Minnie Emmons as lecturers. The W. C. T. U. will have a one-day institute.

A MOTTO FOR 1909

"AND I will trust that he who heeds
The life that hides in mead and wold,
Who hangs yon alder's crimson beads,
And stains these mosses green and gold,
Will still, as he hath done, incline
His gracious care to me and mine."

PHILOSOPHY OF "DO IT NOW"

THERE is absolutely nothing more destructive to accomplishment of high order than "putting off" things which we do not like to do.

First, it is demoralizing to character, which produces superficial work and superficial living, and, second, it proves positively, that the man lacks determination, which is the very essential qualification necessary to "getting on" in the world.

The man who has been accustomed from boyhood to go straight at a thing and do it, has a solidity and substance about him that begets confidence; while the man who shirks at disagreeable things and works along the lines of least resistance is usually found occupied in the place he has made for himself: "Under a Boss."

There is a feeling of strength that comes to a man when he has accomplished a difficult task, which makes him more fitted to conquer the next one even if it appears twice the size; while to the man who waits, there is bound to be revealed a streak of cowardice that ruins self confidence, without which no great thing was ever accomplished.

If procrastination runs in your blood and comes down to you from an indolent ancestry, begin at once. Listen to nothing, but start work instantly and you will be surprised how soon you will conquer the unfortunate weakness. Nothing is more delusive than delay. People who dilly-dally, weigh, consider, for the purpose of an excuse to avoid a severe task, never amount to anything.

Start now; take up the most obnoxious duty you have to perform and finish it before you stop. Do not allow yourself to offer yourself any kind of an excuse. Work—the reward is certain—and you will see life as you have never seen it before. Rest, after a hard tussle with a stubborn and distasteful task, is the next thing to heaven.—Exchange.

"THERE is nothing so kingly as kindness;
There is nothing so royal as truth."

Your Laundry

Will Receive Great Care
at our Washery

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SATISFACTION GUARANTEED

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Sanitarium Laundry

A DELIGHTFUL WINTER TRIP

NEW ORLEANS
AND RETURN \$63.00

Going via rail direct, returning steamer to New York, thence rail to Battle Creek, or vice versa. Rate includes meals and berths between New Orleans and New York. Tickets on sale daily and bear return limit of 90 days. Please ask for full information.

Grand Trunk Railway System

L. J. BUSH, Passenger Agent

PERSONALS

Mrs. J. M. Fritz of Dubuque, Ia., is a new patient.

Mr. E. M. Ware of St. Paul is a guest at the Sanitarium.

Mrs. J. Ascheim of Chicago is a newly arrived guest.

Mr. G. W. Felker of Monroe, Ga., is resting at the Sanitarium.

F. L. Bayeur of Muskogee, Fla., is a new southern guest.

Atty. R. G. Mitchell of Macon, Mo., is resting at the institution.

Miss Burnstine of Port Allegheny, Pa., is a newly arrived guest.

Mr. L. L. Ware of Leith Valley, N. Y., is resting at the Sanitarium.

Mr. G. R. Trenchard of De Land, Ill., is sojourning at the Sanitarium.

Mr. J. E. Lilly of Dawson City, Yukon, is a patient at the Sanitarium.

Mrs. A. J. Josephson of Menominee, Wis., is resting at the Sanitarium.

The Rev. C. W. Shoemaker of Kokomo, Ind., is resting at the Sanitarium.

Mrs. I. Vanderhook of Sault Ste. Marie is resting at the Sanitarium.

Mrs. H. C. Brady of Morgan Hill, Cal., is a patient at the Sanitarium.

Miss Gertrude Schott of Charleston, Ill., is a recently arrived patient.

Mr. C. Conradis of St. Louis, Mo., is taking treatments at the Sanitarium.

Mrs. W. C. Crisman of Colfax, Ia., is taking treatments at the Sanitarium.

Mr. Samuel C. Palmer of East Tawas, Mich., is a patient at the institution.

Mr. J. M. Ward spent the week in Detroit attending to business matters.

Mr. and Mrs. B. G. Tremaine of Cleveland, Ohio, are guests at the Sanitarium.

Miss Florence Bolander is visiting her father, who is a patient at the Sanitarium.

County Commissioner A. A. Hay of Beach City, Ohio, is a guest at the Sanitarium.

Col. and Mrs. I. M. Martin and children of Cincinnati are guests at the Sanitarium.

Mr. R. M. Krall of Grosbeck, Texas, joined his wife here at the Sanitarium, this week.

Mr. and Mrs. W. Z. Thompson of Georgetown, Ky., have returned for further treatment.

Lieut. Mario de Carvalho, of the Brazilian consulate, who has been spending some months resting at the Sanitarium, left this week for New York to resume his official duties.

Mr. John Kelly and Miss Harriet of Kansas City, Mo., are recent arrivals at the Sanitarium.

Mrs. Henry Menke of Chicago is paying a visit to her daughter this week at the institution.

Mrs. O. A. Sears of Charlevoix, Mich., has returned to the Sanitarium for rest and treatment.

Mrs. Richard Caples of El Paso, Tex., has joined her husband and daughter at the Sanitarium.

Mrs. Mary Elta Downie returned on Monday from Evanston where she spent Sunday with relatives.

Dr. W. B. La Force of Keokuk, Ia., returned to the Sanitarium this week to recuperate from an illness.

Miss Hazel Weinman of Port Allegheny, Pa., is paying a visit to her mother, who is a patient here.

Mr. J. S. Allen, Jr., a student at the University of Michigan is spending a few weeks at the Sanitarium recuperating.

Mrs. A. P. Gilmore and Mrs. Charles H. Marsh have returned to their home in Chicago after a ten days' rest at the Sanitarium.

Dr. Thomason von Carlitz of Chicago is sojourning at the Sanitarium. He will remain a few weeks for rest and treatment.

Mr. Thomas Reid of Appleton, Wis., returned to his home early in the week. Mr. Alex Reid, his brother, will remain for some weeks and continue the treatments which have benefited him greatly.

Mrs. J. M. Haynes and Miss Marion, who have been guests at the Sanitarium for the past three months, have returned to their home in Murfreesboro, Tenn. Mrs. Haynes was much improved in health, after a long period of invalidism.

LOSSES and crosses are heavy to bear, but when our hearts are right with God, it is wonderful how easy the yoke becomes.—John Ploughman.

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MESSAGE OF THE NEW YEAR

I ASKED the New Year for some message sweet,
Some rule of life with which to guide my feet;
I asked and paused; he answered, soft and low:

"God's will to know."

"Will knowledge then suffice, New Year?" I cried,

And, ere the question into silence died,
The answer came: "Nay, but remember too,
God's will to do."

Once more I asked: "Is there no more to tell?"

And once again this answer sweetly fell:
"Yes! this one thing all other things above,
"God's will to love."

—Selected.

BANKS—"I had a new experience yesterday, one you might call unaccountable. I ate a hearty dinner, finishing up with a Welsh rabbit, a mince pie, and some lobster à la Newburg. Then I went to a place of amusement. I had hardly entered the building before everything swam before me."

Binks—"The Welsh rabbit did it."

Bunks—"No; it was the lobster."

Bonks—"I think it was the mince pie."

Banks—"No; I have a simpler explanation than that. I never felt better in my life; I was at the Aquarium."—Judge.

1909

Start the New Year right by buying your

**Diaries, Blank Books
and Office Supplies**

of us. We can furnish you with anything you want in this line. Don't forget that we have a complete line of the

LATE BOOKS at \$1.20

a big line of
POPULAR FICTION at 50c.

The New Book Shop

(The Clifford J. Thayer Co.)

6 EAST MAIN STREET

Our Annual Pre-Inventory Sale of Shoes Now in Progress

Makes the month of January "Stand Out"
as THE BEST TIME TO BUY SHOES

Because JANUARY is the ONE time of the year when we go through the Entire Stock and make the DEEPEST cut in Prices.

L. A. DUDLEY COMPANY,

6 West Main Street

THE BATTLE CREEK IDEA

VOL. II, No. 8.

BATTLE CREEK, MICH., JANUARY 28, 1909.

PRICE, 2 CENTS.

SUCCESSFUL TREATMENT OF NERVOUS DISEASES

Dr. W. H. Riley in Sanitarium Lecture
Describes the Rational Methods
Now Used

THE TENDENCY OF SCIENCE

DR. W. H. RILEY, the neurologist of the Sanitarium, in a recent lecture before Sanitarium guests told of the rational methods advocated for the successful treatment of nervous diseases. His lecture was in part as follows:

Proper Time to Take Meals

Dr. J. H. Kellogg Discusses This Interesting Problem Before Sanitarium Guests

LIQUID FOOD FOR FIRST MEAL

THE subject of the proper time for meals frequently engages the conversation of Sanitarium guests. In a recent evening lecture Dr. Kellogg was asked to express his views on the subject and we print his reply below:

MISSIONARY CONFERENCE COMPLETE SUCCESS

All Phases of the Work of the Medical Missionary Discussed at the Several Sessions

MANY NOTED WORKERS PRESENT

AFTER a three days' program in which the various phases of the medical missionary work were discussed the Interdenominational Medical Missionary Conference, held last week at the Sanitarium, closed Thursday evening. The



View of Main Building of the Battle Creek Sanitarium

"In a well-known text book on diseases of the nervous system, written by an eminent American author, 176 different diseases of the nervous system are described. One who is at all acquainted with the reports in current literature and who has had an opportunity to make personal observations, certainly cannot help but be impressed forcibly with the idea that nervous diseases and disorders are quite prevalent in our own country and that they show themselves in a great variety of forms. We are living in times when the nerves and brains of men and

(Continued on page 7)

"In my opinion, the really best hours for taking meals would be about eleven o'clock in the forenoon and about five o'clock in the afternoon; or, at 10:30 and 4:30. Certainly those are the hours which I should choose for my meals if I could so arrange my time. In fact, I come near it, only I dispense with the morning meal. Now, it would do no harm to take a little fruit in the morning on rising. I think really an ideal method to pursue is this: On getting up in the morning, if you feel like eating anything at all, take a little fruit, a glass of fruit-juice,

(Continued on page 2)

guests, numbering about two hundred, participated in a banquet in the south dining-room on that evening, following which they adjourned to the chapel for the final session, where several important resolutions were adopted, which show the trend of modern missionary endeavor. The four resolutions presented by Dr. R. H. Nassau, the veteran missionary present, who has spent over fifty years of his life in the mission fields of Africa, urged, first, the thoroughgoing preparation of the medical missionary, with special attention given to the practical training, obtained through actual hospital experience;

second, his being properly equipped by the board under which he is sent, for the carrying on of both his medical and laboratory work; third, the granting of the greatest amount of freedom for the carrying on of the work and thorough co-operation in its development, and finally, that in every mission established, courses of health study should be organized, the purpose of which should be to call the attention of the mission workers to the importance of giving attention to their own physical needs and cultivating efficiency by strict compliance with the laws of normal healthful living.

An important resolution, also, was offered by Dr. J. H. McCartney of China, which urged that the missionaries present, representing thirteen denominations, recommend the work of the American Medical Missionary College to the various boards of their churches in the preparation of prospective missionaries. The resolution was carried—the following denominations voting: Congregational, Baptist (North and South), United Presbyterian, Reformed Presbyterian, Presbyterian, Church of Christ, Evangelical Lutheran, Free Baptist, Free Methodist, Seventh-day Adventist and United Church. Dr. Emily Smith offered resolutions thanking Dr. Kellogg and the management for their generous entertainment of missionaries and for the special privileges granted them in the past year, and Dr. Dowkontt for his untiring interest in their behalf.

All phases of the work of the medical missionary were discussed and most ably, many of the speakers having spent the best years of their lives in the work. They were able to draw from their own experience lessons and suggestions that will be of aid to prospective missionaries. A hopeful note of the entire conference was that struck by the presence of the students of the American Medical Missionary College, all of whom are preparing to go out into foreign fields. Among the subjects discussed were "Medical Missions as an Evangelizing Agency," "The Condition of Women in Non-Christian Lands and the Value of Medical Missions," "The Education of the Medical Missionary," "The Need and the Value of Medical Missions." Notable addresses were given by Dr. R. H. Nassau, Dr. J. B. Hartwell, China, Bishop Thoburn, India; Dr. A. F. Grant, Egypt; the Rev. M. C. Wilcox, China; Dr. A. L. Kennan, India, and the Rev. J. H. McCartney. One of the interesting sessions was that devoted to the condition of women in foreign lands, the subject being handled by Dr. Emily D. Smith of China, Mrs. McNaughton, Turkey, Mrs. A. F. Grant, Egypt, and Mrs. Mary R. Phillips, wife of the late Dr. J. C. Phillips, who with her husband has spent forty years in India. The speakers left no room for doubt on the part of the audience that the women of the several countries they represented needed the wise medical care of their western sisters and the influence of their Christian teachings.

Among the prominent missionaries enrolled were the following: Bishop James M. Thoburn, D. D., India; Rev. R. H. Nassau, Africa; Dr. J. B. Hartwell, China; Dr. A. F. Grant, Egypt; Dr. R. S. Hambleton, Turkey; Dr. A. J. Reid, Hawaii; Mrs. I. L. Stone, India; Rev. W. Y. Jones, Japan; Rev. J. H. Freeman, Siam; Rev. J. H. McCartney, M. D., China; Rev. A. L. Kennan, M. D., India; Dr. Winifred Heston, India; Dr. Emily D. Smith, China; Dr. May Carleton, China; Mrs. Joseph Clark, Congo; Mrs. McNaughton, Turkey; Mrs. A. F. Grant, Egypt; Miss L. M. Rolleston, China; Mrs. R. G. Dye, Congo; Rev. W. P. Byers, India; Rev. Mathewson, Japan; Rev. E. H. Richards, East Africa; Rev. Frederickson, Congo; Rev. S. C. Burger, India; Mrs. Mary Phillips, India; Dr. Emily G. Miller, Persia; Rev. M. C. Wilcox, China; Rev. W. Boomer, Chile.

DR. GEISEL STARTS FOR SOUTHERN CHAUTAUQUA

Will Fill Engagements in Important Colleges and Chautauquas until

April

TO LEAVE IN MAY FOR EUROPE

DR. CAROLYN E. GEISEL closes her Michigan campaign in the interests of the National Anti-Cigarette league this week and starts the first of February for the south to engage in her annual lecture work among the southern Chautauquas. At the close of her southern engagements, which will run into the first of April she expects to leave for a trip abroad, where she will visit some of the more famous laboratories of continental Europe, including that of Prof. Pawlow at St. Petersburg. She will return in July to fill Chautauqua engagements in the north.

Her work is unique on the Chautauqua platform and has won for itself so many friends



Dr. Carolyn E. Geisel

that it is impossible for her to fill the invitations that each year come to her—a hopeful sign that the subject of health is one which is more and more engaging the intelligent interest of people. The work is a part of the great system of Health Education to which the Battle Creek system has pledged itself. The lectures aim to teach people how to prevent disease—not to supplant the doctor but to supplement him.

"We try," said Dr. Geisel, "to teach the people how possible it is to prevent disease through proper diet, fresh air, healthful dress, physiologic exercise and the application of rational remedies to diseased conditions."

The manner in which the classes are conducted has proved very popular and not only the testimony of the press but the huge audiences which greet Dr. Geisel and her associates are a constant proof of the attractiveness of the course and the eagerness for instruction on the part of the public. As presented at the Chautauquas and the colleges the School of Health is arranged in the following manner: First a popular lecture on health is given by Dr. Geisel, who deals with the subject in a general way. After this lecture classes are formed and the work

(Continued on page 10)

PROPER TIME TO TAKE MEALS

(Continued from page 1)

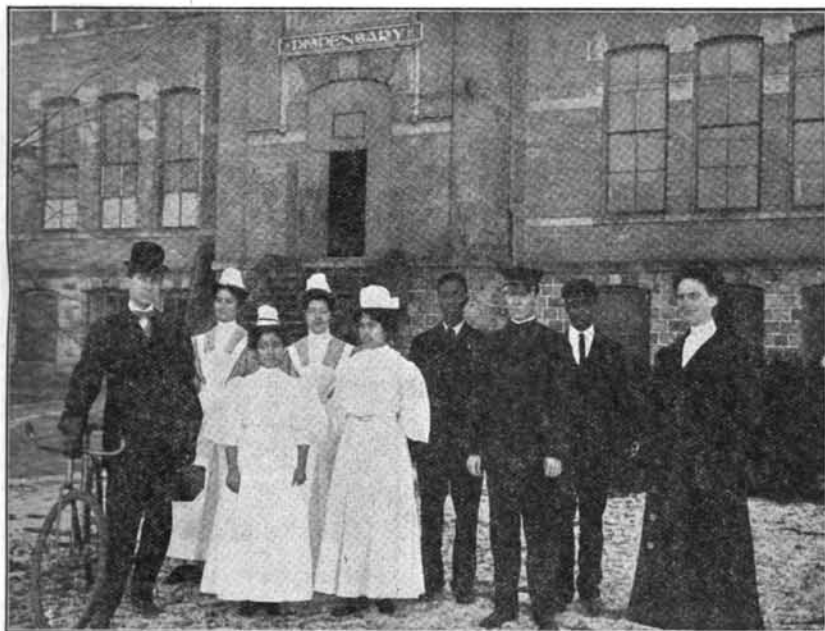
a few apples, or a banana, or a little broth if you prefer, or some liquid food of any sort. Anything you want to eat, almost, if it is liquid, or if it is fruit, but no bread and butter, and no Saratoga chips, and no fried potatoes, sausage, ham and eggs or rubbish of that sort, for fat is exceedingly hard to digest. People call that sort of thing 'hearty' food. It is called hearty, I presume, because it lies up in the stomach next the heart, and it stays there a long time, and does not digest. The lumberman says he likes fat pork because it 'sticks by the ribs.' That is exactly what it does. It stays up there under the ribs, does not move on as it ought to and does not digest.

"Of course, one may eat food that is quickly digested, and discover a little while later that his stomach is empty—and some people are almost scared to death the minute they discover their stomachs are empty. They think they must eat something right away. I remember a man some years ago came to me and said he had an all-gone feeling which came on about three hours after he ate, and he wanted to know the explanation of it. I explained to him that he ate too much food, overloaded his stomach, and did not chew his food enough; and he ate too much of irritating, indigestible things, and that after these had passed out of the stomach, the walls of the stomach being sore and irritated, when they came in contact the friction of the walls together produced an unpleasant sensation,—very much as the eyes, when they are inflamed, give a very unpleasant sensation, so that it is painful to move the lids. 'Ah!' this man replied, 'I see what is the trouble: it is my stomach's walls rubbing together, is it?' 'Yes,' I said, 'that is it.' And off he went. The next thing I heard of him, he visited a camp-meeting, got up and bore testimony there, and told the people of the awful trouble he had had with his stomach, and that Dr. Kellogg told him he let the walls of his stomach get together. 'And so,' he said, 'I am never going to allow the walls of my stomach to get together again; it is a most dangerous thing; you don't know how dangerous it is.'

"I saw him about six months afterward, and he told me the walls of his stomach had not touched once since I saw him, and he never intended that they should touch again. I was not surprised a year or two later to learn that this poor man had suffered from an attack of gallstones. He kept his stomach worried with food all the time. It wanted rest instead of food. The poor stomach finally got into a condition where it was in a state of chronic gastric catarrh, and it finally ceased to make gastric juice. Then the foodstuffs went through into the intestine without being disinfected, and down in the intestine a process of decay and decomposition became active, so he had an attack of gallstones. Gallstones are due to an effort of the gall-bladder to secrete and hide the germs that have gotten into the gall-bladder. Every gallstone on examination is found to have germs in the center of it. The gallstone is due to the effort of the liver or gall-bladder to defend itself against germs.

"To come back to our meal problem, as I said, I think the best thing to do would be to take a little food on rising in the morning of a very light character. A ripe apple, a very ripe banana made into a pulp, a little rice, if you please, or a little porridge or broth of some sort will pass out of the stomach in an hour, perhaps in half an hour, so there is very little work to be done. Fruit requires practically no digestion. Bread and butter requires three or four or five hours. Fats of all kinds stay in the stomach a long time. They prevent the formation of gas-

THE SANITARIUM DISPENSARY



THE Dispensary is one of the numerous charitable enterprises of the Sanitarium. Here, the poor of the city may come for consultation, treatments, surgical dressings or, if they are too ill to come to the dispensary, make application for the visiting nurse and physician to visit them in their homes. During the past year the physician, Dr. Benton Colver, made over a thousand calls, while the visiting nurse made fifteen hundred. Over four thousand treatments were given to patients in the dispensary bathrooms and hundreds of families were supplied with

orders for food from the food dispensary, and given clothing. Their record is one which should receive the highest praise, for it tells of many lives saved through skilful treatment and of dozens of cases of chronic invalidism made bearable through the devices for comfort and daily treatment. The picture shows Dr. Colver as he is about to start out on his rounds, Miss McKeracher, visiting nurse, and the staff of nurses in the treatment rooms. The picture is taken in front of the Dispensary which is situated in the south end of the College building.

tric juice; they interfere with the digestion of food. So fats should never be taken freely except at the principal meal of the day. If you must bring two meals close together, be sure you leave the fat out of one of them. If you must eat breakfast, don't eat any butter; don't eat cake; don't eat pie crust; don't eat griddle cakes; don't eat deviled crabs, or bedeviled lobsters, or any of that sort of wickedness; just take simple food that contains very little fat. A glass of kumyss, or buttermilk, or something of that sort will quiet the stomach, and at the same time will be promptly digested, very quickly carried out of the stomach and the intestine.

"It is extremely important to understand that the piling up of one meal upon another is a most disastrous thing in the stomach. To introduce food into a stomach which already contains undigested food is a most wretched thing to do. Food coming into the stomach where food is already undergoing digestion, half digested perhaps, stops the whole process. The stomach has to go back and begin over again, but it can not begin over again, because the gastric glands are exhausted, and they cannot make good gastric juice and pepsin; so the food lies there a long time, and meantime the stomach is making frantic efforts, so to speak, to digest the food, to form pepsin and gastric juice. The gastric juice remains a long time in contact with the stomach walls, and by and by ulceration may commence, and other mischiefs result.

"So the breakfast meal should be something very light, something which will be digested in an hour or two. You may eat that on rising in the morning at half-past six o'clock let us say,

or six or seven; then about eleven o'clock take a little more substantial meal. It may consist of corn flakes or rice flakes or breakfast toast, or zwieback with a little stewed fruit upon it, with a glass of yogurt buttermilk or of ordinary buttermilk, and some fruit of some sort. That will be the best kind of breakfast. The food ought to leave the stomach within three hours after it is eaten, and let the stomach have an hour or two to rest after the meal is eaten before another meal is taken. If you adopt this plan the breakfast will be easily digested, and in three hours the stomach will be empty, from eleven o'clock, say, in the morning, until two o'clock in the afternoon; then there will be two hours to rest until four o'clock in the afternoon, or possibly half-past four; and that will give the stomach a fair chance, after the hard work of the day is done.

"Then let the hearty meal of the day come; but never so late as six or seven o'clock. If you wait until half-past seven or eight o'clock before you eat the meal and then go to bed, the process of digestion goes on while you are asleep, but you cannot sleep well while you digest. You can digest well while you sleep, but you can not sleep well while you digest. That is the proper way to put it. When food is in the stomach, when you go to sleep, the stomach is less active than when awake. Now, we depend upon the breathing process to move the food out of the stomach. The stomach lies up just underneath the diaphragm. Every time the diaphragm comes down it compresses the stomach, gives the stomach a good hearty squeeze that pushes the food along. When one is lying

down, keeping still as when he is asleep, the diaphragm moves very little; there is no forcible movement of the diaphragm as there is when one is awake. There is nothing better for the stomach when food is present than a little gentle activity of some sort. That is why we have the breathing exercises after dinner; that is why we have the gymnastics after breakfast; and that is why we have gymnastics again after supper,—it is to help the diaphragm to get the food to moving, and to remove the congestion of the stomach, and to stimulate peristaltic activity.

"So when one goes to sleep, the food lies in the stomach; digestion goes on but the food is retained in the stomach for too long a time; it does not pass out soon enough. So when you get up in the morning, you do not know whether you want any breakfast or not. You feel really less appetite for breakfast than you had for dinner, although it has been several hours since you ate your supper the night before. I am sure the majority of people have less appetite for breakfast than for dinner. The reason is simply that the stomach work continued a long time during the night, and that has tired out the stomach, exhausted it so it is not prepared for breakfast. There is another curious fact which I confess is not quite so easy to account for. If you eat any supper at all, after you have eaten your dinner at two o'clock in the afternoon, you will have exactly the same experience. You will have even then less appetite for breakfast than you had for dinner. So exercise and deep breathing are really the factors that make a demand for food. After you have been resting the tissues, accumulating energy by storing up food, there is less demand on the part of the tissues for food after a night's rest than there is after a forenoon's work. Work is the thing that creates a demand for food material,—muscular work and activity.

"So, to sum up, I think the ideal plan would be to take a very little food, a little broth, if you please, when you get up in the morning; then have breakfast about eleven o'clock, and finally dinner about four or five o'clock in the afternoon. In fact, people naturally drop into that plan if they have a chance to do it. I notice that that seems to be the plan of the people generally in some sub-tropical countries I have visited. I remember a visit to Naples some twenty-five years ago. I was driving down the street one morning about ten o'clock, and I saw a crowd of boys around an old lady who was stationed on the street corner. She had a big pot before her and a little charcoal fire under it, and she was laddling something out, putting it on tin plates and passing it out to these boys. I stopped to see what it was, and I found they were Italian chestnuts. I learned on inquiry that this was the breakfast for those boys, and they had been at work in a nearby tannery since daybreak. They had put in at least six hours of hard work; now they were eating their breakfast, and their breakfast was simply chestnuts. In about six hours more, they would have their dinner, about four o'clock in the afternoon, and that dinner would consist of chestnuts with macaroni, and a little bread, and possibly some beans,—a very simple meal. Those boys worked on two meals a day, and worked very hard for twelve to fourteen hours a day."

"Give to the world the best you have, and the best will come back to you."

LET us be like the bird for a moment perched

On a frail branch while he sings;
Though he feels it bend, yet he sings his song.
Knowing that he hath wings.

Original from Victor Hugo.

UNIVERSITY OF MICHIGAN

THE BATTLE CREEK IDEA

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One Year	\$1.00
Six Months	.50
Three Months	.25
Per Copy	.02

VOL. II JANUARY 28, 1909 No. 8

A HEALTH CONFERENCE

THE leaders in scientific medicine are awaking to an appreciation of the need of popular education in medical matters. The lay public needs the fullest possible acquaintance with that great body of facts which relate to the prevention of disease, and a sufficient knowledge of therapeutics to enable it to avoid the snares of the advertising charlatan and to discriminate between the scientific medical practitioner and the presumptuous pretender.

The only way in which the lay public can get the information now conceded to be highly important for it to have, both for its own and for the good of the medical profession, is by means of popular health conferences, popular lectures on quasi-medical subjects, and popular medical books adapted to instruction of those who are not versed in the phrases and the nomenclature of the profession.

Probably the quickest and most effective method of reaching the laity would be by means of a series of popular health conferences held in different parts of the country, and not confined to big cities, but favoring especially cities of 20,000 to 100,000 population. Such a conference, properly organized, addressed by medical men and sanitarians competent to speak with authority, might be made a source of great enlightenment and help in every place where held. There are certain centers where such a conference might be held yearly. Great Chautauquas like the Mother Chautauqua at Chautauqua Lake are especially appropriate places for such conferences. Washington, D. C., the scene of Dr. Wiley's most useful labors, is another natural health center. Battle Creek is another. These conferences would naturally have their own characteristic features, of course; but this might prove an advantage, as it would insure variety and increase the scope of the themes discussed.

There must be many of our readers who have already given thought to this subject; we shall be glad to hear from any such. Shall we have a Health Conference at Battle Creek some time either in February or March?

"We commonly show excess in food and stimulating drinks, in dress and company. We show deficiency in exercise, sleep and fresh air, in baths and amusement and affection. The very first step in the cultivation of the senses is the establishment of health through the rationalizing of these homely details of the daily life."

A JUST AWARD

IN commenting upon the award of the Nobel prize to Prof. Elie Metchnikoff, the distinguished professor of the Pasteur Institute, *Good Health* for February says: "There is no more original man than Professor Metchnikoff, and no living man has done more than he to make practical and available to the average man the results of modern experimental inquiry. Professor Metchnikoff's investigation into the causes of premature death and the conditions which contribute to longevity, have developed practical means by which old Father Time may be successfully combated and long held at bay. It was through his researches that the great importance of the Bulgarian milk ferment, yogurt, became known. Everybody who daily takes at his dinner a glass of yogurt buttermilk, or swallows an after-dinner yogurt tablet, is under obligations to Elie Metchnikoff. No more worthy a person could have been selected for the Nobel prize than he."

TEST OF SULPHURED FRUIT

A DISPATCH from San Francisco says that a campaign of experiments calculated to demonstrate whether or not sulphur dioxide, as used at present in the state in the preparation of dried fruit, is harmful to the human system, has been started by local medical men and chemists, as a result of the long-standing controversy between the pure-food authorities at Washington and the dried-fruit packers of California.

Instead of "poison squad," Dr. Atkins calls the dozen men who will begin eating sulphured dried fruit under his direction, the "health squad."

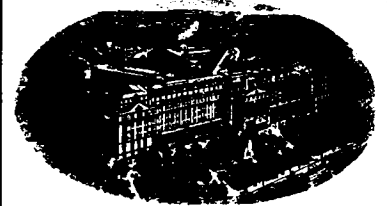
BASEMENT TENEMENTS

BASEMENTS should not be used as tenements. Those who live in apartments below the level of the street are much more likely to have disease and sickness than are those who live above ground, where an abundance of fresh air and sunshine can be had for the taking. It is better to live in a top flat, to climb stairs and pay more rent, for by so doing you are certain to save money on doctors' bills and undertakers' bills.

In these days of cheap transportation there is no need to live in the congested or crowded quarters of the city. Get out into the suburbs or into the outlying city districts, where good air and sunshine may be had without stint and at no increased cost of living.—*Chicago Tribune's Daily Health Hint.*

THE MEDICAL MISSIONARY

A religious-health paper for missionaries and for the family. Weekly edition 16 pages. Monthly edition 32 pages with cover. Illustrated. Both editions 75 cents per year. Send for sample copies giving special combination terms. Address: Medical Missionary, Battle Creek, Mich.



Endorsed by the Battle Creek Sanitarium

NATURAL FOODS AT YOUR HOME

Take care of your stomach and your health will take care of itself. This has been proved by more than half a million men and women who have taken the Battle Creek Sanitarium Diet System and have been restored to health. In your own home you can become well and strong through this tried and true system of

NATURAL LIVING

It is the next best thing to bringing the Battle Creek Sanitarium with its staff of food specialists to your very door. Our book "Healthful Living" will be sent you gratis, on request. If you say Battle Creek Sanitarium Foods do not benefit you, your money will be refunded.

The Kellogg Food Company,

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MICHIGAN

The Battle Creek Sanitarium & Hospital Training School for Nurses

Offers exceptional advantages to young men and young women who desire to fit themselves for the work of a trained nurse.

Besides the regular hospital training, thorough training is given in Hydrotherapy, Massage, Manual Swedish Movements and all physiologic methods peculiar to the Sanitarium, and is each a training in itself and found almost exclusively in our work.

Classes are organized April 1 and October 1. Applications are received whenever vacancies.

For further information or particulars regarding the school, address the

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Special attention to nervous patients.

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MEDICAL MISSIONS

THE motive of medical missionary work is furnished by the Saviour himself of whom it was written that he "went about doing good and healing all that were oppressed of the devil, for God was with him." The Lord in his ministry combined physical healing and relief with spiritual and moral instruction. His compassion for the people who were helpless in their distress gave him the confidence and love of the common folk, who rightly looked upon him as their true benefactor and friend.

In giving instruction to his followers as to their work he invariably combined the healing of the sick with the preaching of the word. We can but conclude, therefore, that the healing of sickness, the relief of human suffering is an

essential part and parcel of the true Gospel work and commission. But early in the history of the church the healing of the sick ceased to be any part of the preacher's work. The expounders of the Word became so absorbed in theological disputes and distinctions, and then in building up and strengthening the church as an institution, that they largely lost sight of the wants and woes of the individual in an all-absorbing zeal for the church, and to this zeal individual interests were ruthlessly sacrificed.

The healing art then passed into the hands of a separate class of men who formed a cult, surrounded their craft with a halo of mystery, excluded the world at large from their counsels, taught the people that a knowledge of the principles of health would be dangerous in their hands and insisted that the sufferers take their medicine without query or protest.

The well-known Dark Ages were days of darkness of body as well as soul. In their helplessness the people tried to find refuge in the darker recesses of superstition. But when the light of the Reformation broke in upon the darkness the minds of men gradually awoke to the Word of God, and finally it dawned upon the minds of some that it would be well to reunite the divorced Gospel and send forth once more messengers of Christ who are prepared to minister to both soul and body.

While Christendom was provided with an intelligent medical profession it was quickly seen that heathendom was as much in the dark in regard to health as in reference to holiness. Their spirit-doctors and their witch-doctors were as cruel and irrational as were their spiritual guides. Untold suffering was inflicted upon the poor people when they applied to any of their medicine-men, and they were likely to be left even worse off than as if they had suffered on alone.

Common human feelings demanded that these sufferings of the people receive attention. But it was less than a century ago that the first medical missionary was sent forth from this fair land to minister to the bodies of the heathen. The evangelical missionary spirit had arisen a century earlier than this, but the cause grew slowly against indifference and prejudice. It was in 1818 that John Scudder, a young physician of New York, having had his attention called to the suffering in India, decided to go to that country with his young wife, and sailed from Boston on a six months' voyage for that purpose. He had born to him there seven sons and three daughters, and five of those sons became medical missionaries. William Carey, the pioneer missionary to India, went out in 1793 accompanied by John Thomas, who was a ship's surgeon, and they labored together, one as a teacher and preacher and the other as a doctor, for some years. Since then there have gone out into the harvest field a large number of devoted men and women with the double message of salvation for soul and body. One year ago it was computed that 425 qualified physicians and surgeons had gone out to foreign mission fields under the British and other European societies and 355 had gone from the United States, as medical missionaries. The total number constitutes quite a little army who have thus shown their devotion to Christ and humanity by giving their lives and service to their neglected fellow men.

But the work of medical missions includes also many who have given their lives to humane work among the poor and needy classes of this country. The benefits of this class of work are many. Besides being the means of relieving much suffering it awakens gratitude and creates confidence toward the Christian worker as nothing else will do. Thus prejudice is removed and the way is prepared for the advance of the Gospel in all its other branches. It has been said that Dr. Peter Parker opened China to the Gospel with his lancet; the Gospel was given entrance to Korea through the ministrations of Dr. Allen; it was Dr. Livingstone that let light shine into the Dark Continent; and so many instances might be cited where the medical mission has paved the way for liberty of thought and speech and for the evangelization of nations.

As an adjunct to medical missions the American Medical Missionary College has been established in connection with the Battle Creek Sanitarium and is doing good work in supplying well qualified men and women for the fields of the various mission boards. The last class admitted consisting of about thirty-six members, is gathered from eight or nine different denominations, and each student is under promise to devote his or her life work to the service of humanity for Christ's sake wherever the call of Providence may lead. GEO. C. TENNEY.

A NEW DISCOVERY AT THE PASTEUR INSTITUTE



THE PASTEUR INSTITUTE, PARIS

Every one knows about Pasteur; his institute in Paris and his serum for the cure of hydrophobia. Since Pasteur's death, Metchnikoff has been at the head of the Institute. His investigations have been centered on the problem of prolonging human life. The result has been the development of a lactic ferment similar to that in buttermilk only immeasurably stronger. This ferment is composed of innumerable beneficent organisms which introduced into the intestines through the stomach counteract the effect of the deadly germs which gather there and spread diseases of all kinds throughout the system. This powerful lactic ferment called

YOGURT

is considered by Metchnikoff to be THE MOST EFFECTIVE AGENT YET DISCOVERED FOR PROLONGING THE LIFE OF MAN.

The Battle Creek Sanitarium is using and recommending it for all forms of intestinal trouble. We secured the cultures from which YOGURT is manufactured direct from The Pasteur Institute.

YOGURT is put up in tablet form. One hundred tablets in a box for \$1.00. Full instructions for taking in each box. Sent postpaid at the price by

THE GOOD HEALTH COMPANY,

Battle Creek, Michigan

GYMNASTIC EXHIBITION

Local Athletes Join with University of Michigan Boys in Good Program of Events

DR. GEORGE A. MAY PRESENT

THE Gymnastic Exhibition given Saturday night under the management of A. R. T. Winjum, physical instructor, proved a huge success and entertained a large audience. The program opened with an exhibition grand march in which the patients participated. Several pretty figures were introduced and were well carried out, with the orchestra supplying inspiring music. The visiting guests—students of the University of Michigan—with Dr. George A. May then

gave a clever exhibition of horizontal bar work, which showed skill that is the result of faithful practice. The Sanitarium boys did some very good mat work and tumbling, little Glen Lichtenwalder, aged nine, winning tumultuous applause for his several feats in this class. Roy Smith gave a pretty exhibition of work on traveling rings, and following this the Ann Arbor guests gave some clever work on the side horse. Mr. May and Kimball Fletcher then fenced with foils. The match was in halves, the first half two minutes long and the second a minute and a half. When time was called the doctor had three points in his favor against one for Fletcher, whom he also once disarmed. Dr. May also gave a wonderfully clever exhibition with lighted Indian clubs. Another interesting feature of the evening program was the spirited game of basket ball played by the Sanitarium Juniors against the Y. M. C. A. Juniors. The game resulted in a score of 15 to 20 in favor of the Sanitarium boys.

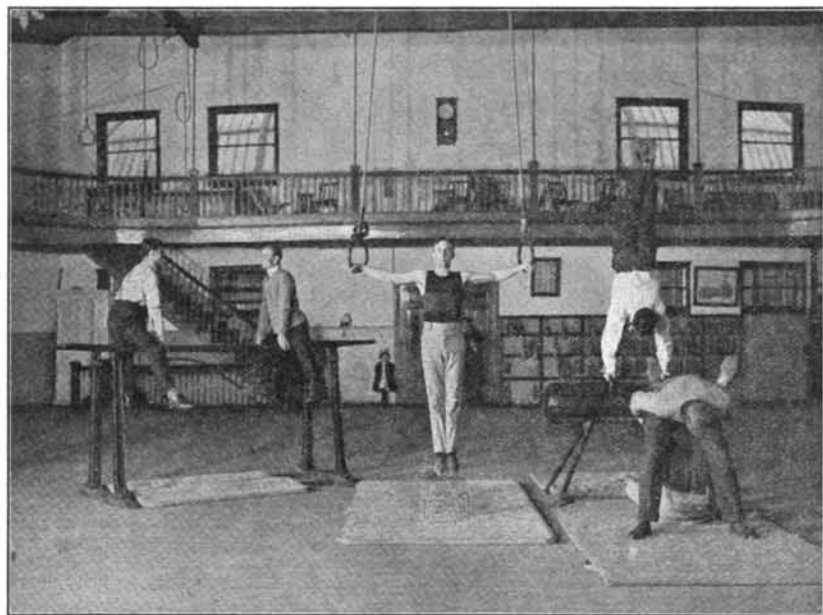
SANITATION IN HOME AND SCHOOL

WHEN the young are taught that sickness is not a necessary evil, and that the Creator did not intend mankind to be weak and ill, but to be well and strong, and has made health and strength dependent upon their own actions, they will grow up practical sanitarians. And not until the people have sanitary instruction, and a sanitary public health ideal is developed, and a sanitary conscience is created, can the homes of the land be protected from infectious and other preventable diseases.

No sanitary regulations can reach or help a people who do not want protection. A community able and willing to protect itself will make light work for the health board.

The school is always made a center of infection because of defective home sanitation and the failure of the family to appreciate the need for a house quarantine in communicable diseases. Did every parent feel the need of preventing the spread of infection in the family, by proper separation of the sick from the uninfected, there would be no school infection, as every school epidemic begins outside the school-room in some home; and through the children of some family the disease germs enter the school, which then becomes a potent disease-spreading center to the whole community, because the most susceptible members of the various homes meet in common at the public school, and thus become the agents of neighborhood influences both good and bad.

To make the school immune, preventive measures must be applied intelligently in the home, and, just as long as there is ignorance and indifference and neglect of household sanitation, no board of health officers will be able to prevent school infection, or protect the school children from contagion and contagious disease epidemics.—Kate Lindsay, M. D., in *Good Health*.



Sanitarium Athletes Practicing in the Gymnasium

For Toning Up the Muscles

The Second Series of Lessons Offered by the Battle Creek University of Health

HOW TO ENROLL

As additional lessons in the correspondence health courses offered the public by the Battle Creek University of Health are issued one is more and more impressed with their great value. It cannot be long before thousands and tens of thousands will have realized the importance of these health studies and enrolled their names as students. We prophesy for the second course of lessons great popularity. This complete course on "Health Exercises" contains six lessons in the following order: Lesson 1, "How to be Strong." Lesson 2, "Lung Gymnas-

tics." Lesson 3, "Walking, Running, Climbing." Lesson 4, "Exercises for the Sedentary Man." Lesson 5, "How to Cultivate Symmetry and How to Correct Deformities." Lesson 6, "Exercises for Special Needs."

Live a well-rounded-out bill of fare which meets every desire of the palate, so this course of exercises offers every form necessary for developing the entire muscular system of the body. The system of physical training employed at the Battle Creek Sanitarium is based upon scientific investigation. It is not the result of hobbies, theories or fads. Fad systems of exercise are numerous. As a rule they are dangerous for the average person. In many instances they do more harm than good. The Battle Creek University of Health method is a most safe and effective one. All exercises are based on a thoroughly scientific knowledge of physiologic needs and limitations. Not only individuals but physical culture classes in schools or neighborhoods should subscribe for these best helps to good muscle building.

The first thousand students enrolled have special advantages. To secure them it would be well to write without delay to the Battle Creek University of Health, Battle Creek, Michigan.

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Prevention of Disease
Helps for the Baby**

If you are well, GOOD HEALTH will tell you how to stay well. If you are sick, GOOD HEALTH will tell you how to get well. Broad-minded people everywhere recognize that in the prevention of disease, right living is everything, and in the cure of disease, diet and hygienic conditions play far more important parts than drugs. In fact many diseases can be cured practically without drugs. If you value your own good health and that of your family, we know GOOD HEALTH will be of interest to you and a never-failing guide in right living. Send a dollar for a year's subscription.

Good Health Publishing Co.
Battle Creek, - Michigan

NERVOUS DISEASES

(Continued from Page 1)

women are being tried by the wear and tear caused by the demands and the excesses and the perplexities of social and commercial life. The prevalence of these nervous disorders has demanded of medical science the prevention and alleviation, and if possible, cure of this large list of diseases of this class.

"For many years and even centuries in the past the common people have been educated and trained by the practice common to the medical profession to look to drugs largely for remedies for the ills that human flesh is heir to. Drugs undoubtedly have their place in the healing art, but it is also true that their value has been to some extent at least, quite over-estimated and in many instances their improper use has resulted in quite as much or more harm than good, and there is now and has been in the past quite a number of disorders of the nervous system which have undoubtedly been caused by the excessive and perverted use of drugs. In recent times there has been a growing tendency on the part of the medical profession to look for remedial agents in other directions than the use of drugs, and so invention has brought to us quite a long list of appliances of one kind and another for the purpose of making use of the natural forces of nature and applying these intelligently and successfully to the body in the treatment of disease, and while these advancements are being made in the medical profession the public have also been educated to some extent, although perhaps not as much as it should be, to recognize the value of these natural remedies in the treatment of disease. In no department of medicine are these newer and so-called physiologic remedies more applicable and the results of their use more effective and gratifying than in the treatment of diseases of the nervous system.

"In order to apply these so-called physiologic remedies it is necessary to have appliances and conditions which usually cannot be well supplied in the home of the patient. It is necessary that there should be a building or institution properly equipped with machinery and various appliances so that these natural remedies can be properly and intelligently applied. This has led to the establishment in recent times of institutions which are called sanitariums. The first institution which received the name of Sanitarium in this country and as far as the writer knows, in the world, was the Battle Creek, Michigan, Sanitarium. Here many years ago there was begun in a very practical manner the use of these so-called natural remedies. Their use in this institution has increased as the institution has grown older in years and larger in dimensions, and in experience. There has been carried on constantly in this institution for many years experimentation in the laboratories of the institution for the purpose of coming to a better knowledge of the use of these natural remedies and many very valuable facts have been worked out as the result of these experiments. These have been put into use and have been of untold value in relieving thousands of invalids who annually make their pilgrimage to the Battle Creek Sanitarium in the quest of health. Whenever science in some other part of the world has brought forth anything of value along these lines it has been incorporated with the list of remedies that are used in this institution.

"These forces of nature above referred to consist principally in the application of heat and cold and different forms of electricity, and different forms of light such as sunlight, electric light in its different forms, incandescent light, are light, Finson ray, X-ray; in fact, all forms of light and all forms of electricity, the application of mechanical appliances of differ-

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ent kinds, exercises of various sorts both passive and active, massage, Swedish movements, mechanical movements, manual movements and manipulations of all kinds. In addition to this the proper use of active exercise, rest, regulation of diet and the discarding of everything that is in any way harmful to the body, are also important. For applying these various natural forces to the body in the treatment of disease it is necessary to have quite a large variety of machines and apparatus of different kinds, to apply these natural remedies in an intelligent and effective way in all cases. There is nothing which promises more excellent results in the treatment of diseases of the nervous system than the proper use of these remedies when intelligently and skillfully applied.

"It is sometimes difficult for the laity to understand how the application of water to the surface of the body can affect a diseased heart or a diseased liver or a diseased brain or spinal cord which is located deeply within. To the uneducated along these lines this is not easy to understand. It would be impossible in this article to explain this fully, and yet the use of these remedies rests upon a thoroughly scientific foundation; their effects have all been worked out by careful experimentation conducted in well-equipped laboratories and under the direction of skillful, educated and well-trained men, and it is well established at the present time that the use of hydrotherapy, massage, electricity and other remedies of this kind rests upon quite as thorough a scientific basis as does the use of drugs or other remedies in which perhaps more confidence has been placed in the past. These remedies affect the body and different organs of the body largely through the nervous system. In the skin, as every one knows, are a large number of nerves, so if one takes a pin and pricks the skin he cannot touch a single spot but what he will feel the prick of the pin. Also if he applies heat or cold to the surface of the body at any point it is recognized as such by the nerves of the skin. Electricity in its various forms is also felt by the nerves of the skin which gives a peculiar sensation. In using hydrotherapy, electricity, etc., an impression is made upon the nerves of the skin by the heat or the cold that may be in the water that is applied to the skin or by the electric current which may be applied to the skin. This impression and stimulation of the nerves of the skin produces millions of nerve currents which are conducted upward to the brain and spinal cord and there stimulate the nerve centers which have control of important organs of the body such as the heart, stomach, etc., and other impulses are sent out to these organs along other nerve paths, and thus the function of the internal organs is changed by the nerve impression which reaches them as the result of the application of heat or cold on the surface of the body.

"It is on account of this principle that we are able to live from day to day and maintain health. Life is dependent upon the physical forces that surround us in the air and which act on our bodies and impress our bodies through the nerves quite as much as upon food, water or air. These natural forces are continually acting upon the nerve endings in our skin. The heat and the cold and the electrical changes in the air, the sunlight, mechanical irri-

tation of our skins and other forces are constantly impinging upon the nerve endings of our bodies. This stimulates the nervous system, which in turn stimulates and controls the different organs of the body, and thus the machinery of our bodies is kept in motion by these forces that are all the time acting upon our nerve endings although for the most part we are unconscious of them. If these forces were cut off and we should live for any length of time without them, our health in general would soon fail and our life would certainly be cut short by the withdrawal of these natural forces from the body. In the treatment of disease by using these natural forces they are applied to the body usually in a more intense manner, thus making a more profound impression upon the body than that usually made in the ordinary experiences of everyday life. In the treatment of disease of the nervous system these remedies are particularly valuable. All the different kinds of nerves of the body may be impressed by the use of these natural and physiologic remedies and by making impressions of this kind upon them the nutrition of diseased nerves is stimulated and changed and modified and gradually trained up to a higher state of activity and health.

"There is nothing better for the treatment of most diseases of the nervous system than the use of these physiologic remedies such as hydrotherapy, electrotherapy, light in its different forms, rest, exercise, proper regulation of the diet and proper attention to the nutrition of the body and other functions and organs of the body. If a patient, for instance, has some disorder of the spinal cord it is important to increase the circulation of the blood through the cord. This may be done by the alternate application of heat and cold over the spinal



Endorsed by the Battle Creek Sanitarium

Diet Instead of Nostrums

If you don't feel right, ten chances to one you trace it to your stomach, and from that to your food. Food right—stomach right. Stomach right—health right. Health right—all right.
Don't take nostrums, but follow the Battle Creek Sanitarium Diet System at home.

If you say it doesn't improve your health, your money will be refunded.

Ask yourself these questions:

Is your head clear? Do you sleep well?
Is your breath sweet? Are you too fat?
Are your bowels regular? Are you too thin?

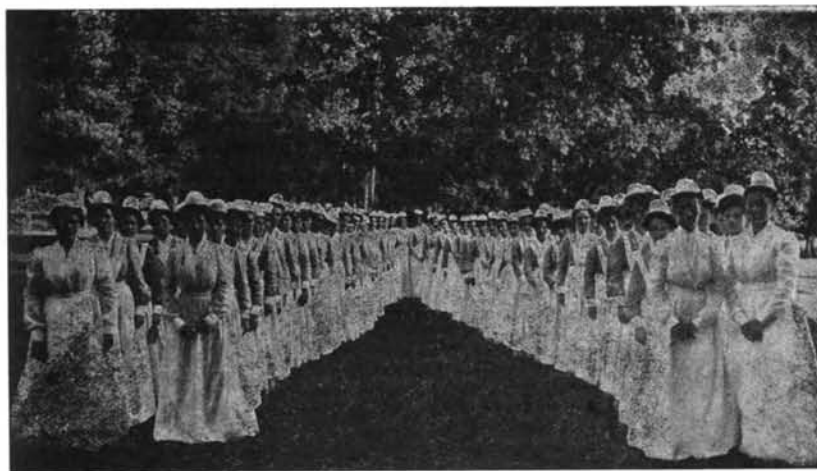
Do you feel fit and efficient for your work? Do you feel full of vigor and vital steam all the time, or are you tired and depressed? Is life worth living as you are living it?

If you are ailing you need our balanced diet. Write to-day for our booklet, "Healthful Living," which will tell you how.

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BATTLE CREEK, MICH



A Group of Sanitarium Nurses

cord and thus old blood is invited away and new blood is supplied. Further, if a muscle is paralyzed so that the patient cannot control it by the influence of the will, it may be stimulated by the proper and intelligent use of electricity. The particular current which should be used will vary with the form of paralysis. In some instances the Faradic current is better, in others the sinusoidal, and still others the gal-

vanic. In order to treat the different forms of paralysis successfully the treatment must be directed by an intelligent physician who has studied these particular kinds of diseases carefully and also knows how to use electricity in its different forms and other natural remedies properly in order to get the best results. Where treatment of this class of cases can be kept up and followed up day after day for a period of

weeks most remarkable results are often obtained—results which even medical science in the past has not thought possible, but in recent years by the intelligent use of these natural remedies most favorable results have been obtained even in quite severe organic diseases of the nervous system. And I think it is quite fully agreed by medical men at the present time that the proper way to treat cases of paralysis is to put the patient in some well-equipped institution where the forms of hydrotherapy, electricity, massage, manual Swedish movements, rest and exercises can be intelligently used under the direction of skilful physicians and nurses.

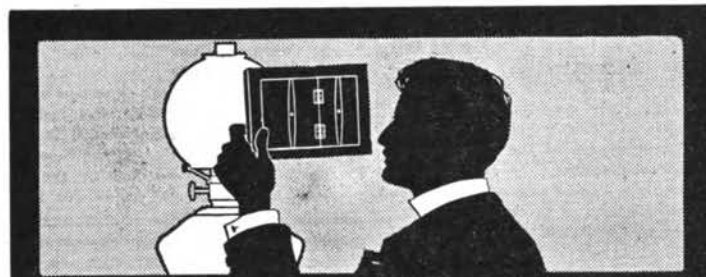
“There have been treated in the Battle Creek Sanitarium for many years a large number of patients suffering with different forms of paralysis, locomotor-ataxia, neuralgias, headaches and other diseases of the nervous system, and the results in the majority of these cases have been most gratifying to both patient and physician.

“Another very important feature in the treatment of these people at this Sanitarium is the mental and moral influence which is particularly brought to bear upon the case, through the social life in the institution. Many patients are despondent and discouraged on account of their sickness and they not infrequently have developed a certain amount of mental morbidity and allow their thoughts to run along channels which are not conducive to their recovery and which often do much harm. Here in the Sanitarium these people are surrounded by cheerful influences and they are led away from their morbid ideas, they are kept busy taking treatment, exercises and other things to improve their physical condition, and each evening a lecture or entertainment is provided following the gymnastic drill, which happily and instructively fills in the time until the retiring hour. Thus they finally develop a more hopeful mentality and are more cheerful, and this is no small part in helping to relieve them of their ills.”

O Father! grant thy love divine
To make these mystic temples thine!
When wasting age and wearying strife
Have sapped the leaning walls of life,
When darkness gathers over all,
And the last tottering pillars fall,
Take the poor dust thy mercy warms,
And mold it into heavenly forms!

—Oliver Wendell Holmes.

WHERE did Shakespeare get his genius? Where did Mozart get his music? Whose hand smote the lyre of the Scottish ploughman and stayed the life of the German priest? God. God, and God alone; and as surely as these were raised up by God, inspired by God was Abraham Lincoln; and a thousand years hence no story, no tragedy, no epic poem will be filled with greater wonder, or be followed by mankind with deeper feeling than that which tells of his life and death.—Henry Watterson.



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QUESTION BOX DEPARTMENT

EACH Monday evening, Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. Is not the protein of flesh more completely absorbed than that of vegetables?

A. No, not if given an equally fair chance. Of course, the protein of vegetables is pure protein; there is no cellulose in it to hinder its absorption. Experiments made with our proteose show it to be digested in half the time of beefsteak.

Q. What is the effect upon persons who live upon a milk diet, of taking six to eight quarts of milk a day?

A. Such persons may fatten very rapidly, but they lose their fat very quickly, and they have no strength, and the stomach is overloaded.

Q. Do you recommend two or three meals a day?

A. Two meals a day. But I could myself adopt a diet in which it would be necessary to take three meals a day. If one were going to eat cereals like rice, and fruits, with little or no fats except at one meal, he would want to eat three meals a day, because his food would be so quickly digested and so bulky he would need to do so.

Q. Is fermented wine ever beneficial as a drink?

A. No; because there is nothing wholesome in it that is not found in fruit juices. Fruit juices contain all the good things that wine contains and more and none of the harmful things.

Q. If colic interferes with the proper amount of nourishment at meals, will it do to take it between meals?

A. Yes, take it at any time you want to.

Q. What is the cause of cold, clammy hands?
A. That is a symptom of neurasthenia and of autointoxication.

Q. What is the proper underclothing for this season of the year?

A. Cotton next the skin with woolen over it; or woolen if it agrees with your skin.

Q. What causes leakage of the heart?

A. Injury to the valves of the heart.

Q. Does chewing gum aid digestion?

A. No. Chewing food aids digestion, but not chewing gum.

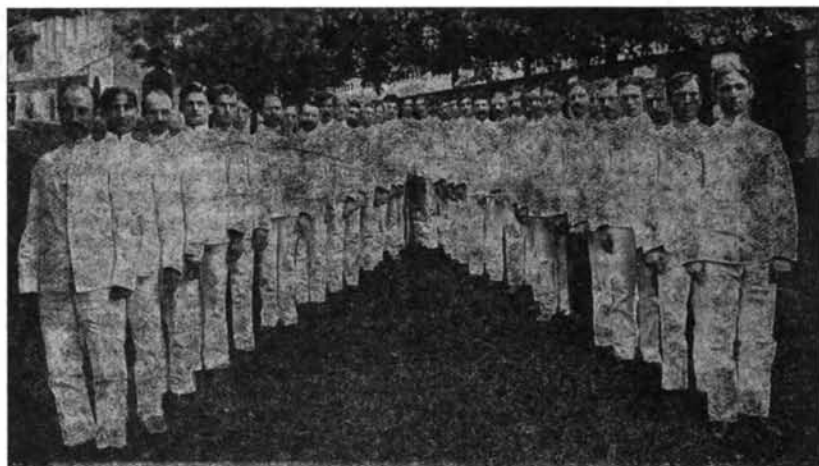
Q. What is the cause and cure of intestinal autointoxication?

A. The cause is germs growing in the intestine; and the cure is to starve out the germs, get rid of them in every way possible.

Q. Is it well to eat breakfast after a test breakfast? If so, what should be eaten?

A. Make your breakfast of cereals and purées.

Q. I am a young man twenty-one years old, just getting my wisdom teeth. I am troubled with an excessive flow of saliva. What is the cause and cure?



Men Nurses of Sanitarium Training School

A. The cause is you are cutting teeth, and the cure is to get your wisdom teeth cut, and then you will be all right.

Q. How many kinds of rheumatism are there?

A. Just as many kinds as there are different kinds of germs that produce rheumatism. Every case is a little different from any other case, but rheumatism is rheumatism. There are two kinds, acute and chronic. Acute rheumatism is due to germs, not germs from the alimentary canal, but some special kind of germs; but chronic rheumatism is due to poisons produced by germs, and possibly to the germs themselves, penetrating the alimentary canal.

Q. Why is exercising in bed considerably more beneficial than other means of exercise?

A. It is not; it is only for those who are not able to take exercise in any other way.

Q. How can an ordinary small dynamo be changed to produce the sinusoidal current for home treatment?

A. It can not without sending it to the manufacturers. Then it would cost you more than it would to get the sinusoidal apparatus. It would have to be rewound to get the alternating current, and the quantity would have to be greatly reduced. It would not pay to make that kind of change.

Q. What is meltose made from?

A. From corn and barley.

Q. Is a twelve-years-old child who dislikes vegetables and lives on bread, buttermilk and fruit-juices, properly nourished?

A. There is sufficient nourishment in the articles mentioned to fully nourish a child.

Q. What causes one to experience discomfort at sudden changes in the weather?

A. You have lost your power to adjust yourselves to these weather changes.

Q. When food stays too long in the stomach, what is the proper remedy?

A. The proper remedy is to take as little food as necessary; take a small quantity at a time and chew it thoroughly. Have your doctor make a careful examination. There may possibly be an obstruction at the pylorus.

Q. What is the second wind? What can be done to promote and prolong it?

A. Now the second wind is the improved breathing activity which makes its appearance a few minutes after a person begins to exercise. When one is sitting quiet his respiratory apparatus is congested. It is in a state of quietude. When one gets up and begins to exercise he revives his bodily functions and it takes a little while for this to take place, and until it does take place one suffers more or less from shortness of breath, but by and by the breathing movements are adjusted to a larger movement and thus introduce a larger supply of air, and then it is that the second wind appears. Then this depression disappears and the individual can exercise with greater ease and comfort.

Q. I had a hemorrhage and lost one gallon of blood. I still spit blood occasionally. What is the cause? Can it be cured?

A. This patient must have an examination of the lungs made. There may be an ulcer there, or it may be some congestion.

A LAUGH is worth a hundred groans in any market.—Charles Lamb.

A DELIGHTFUL WINTER TRIP

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Going via rail direct, returning steamer to New York, thence rail to Battle Creek, or vice versa. Rate includes meals and berths between New Orleans and New York. Tickets on sale daily and bear return limit of 90 days. Please ask for full information.

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UNIVERSITY OF MICHIGAN

DR. GEISEL STARTS SOUTH

(Continued from page 2)

taken up along five lines. The diet question is taught through lectures and practical demonstration of correct cooking made by a skillfully trained teacher from the Sanitarium Domestic Science department. The relative values of foods and the actual cooking of healthful dishes is carried on each day. This course is always largely attended, young girls and women of older years taking down recipes and notes on the lectures. Men, too, often join these classes and manifest a keen interest in the subject of diet. Another equally popular class is that which introduces the Rational Remedies for Disease Conditions. In this Dr Geisel is assisted by one of the graduate nurses of the Sanitarium, who demonstrates with a patient in view of the audience the various treatments described in the daily lecture by Dr. Geisel: the Home Care of Contagious Diseases, Children's Diseases, Coughs, Colds and Pneumonia, Simple Remedies for Pain, Methods of Prevention, Fumigation and Disinfection. The course aims to instruct the students in home treatment of common diseases in order that the nurse and mother may intelligently help the doctor. Over this the women, particularly the mothers, grow so enthusiastic that they come from distant country points and sometimes camp over night in order to be on hand for the entire program.

The class for instruction in healthful dress is another valuable one and in this Dr. Geisel is

assisted by an experienced assistant who instructs in the cutting, fitting and making of garments which have proved themselves to be a valuable factor in maintaining the health and correct carriage of womankind. Free from restricting bands, graceful, easy of adjustment, they have everything to recommend them and are adopted by countless numbers of women all over the country.

The physical culture classes for both men and women fill a distinct need in every community and are eagerly patronized by school teachers and young folk as well as older men and women. The course is in no sense an æsthetic one—the exercises are not given for the sake of grace alone, but for health's sake. They form a series of corrective exercises and if followed out cure many of the common deformities: flat chest, round shoulders, spinal curvatures, prominent abdomen, etc., etc.

Another course which offers much of helpful instruction which is difficult to get from other sources is that on Sanitary Science. This includes instruction in proper ventilation of the home, Clean Water, Pure Milk, Pasteurization, etc. Into this course there enters an element of municipal housekeeping, and active club women find it very useful as a medium of education along the lines of town improvement.

The classes are organized at the beginning of the work, the pupils being enrolled duly in each course. At the close of the lecture course they are provided with an outline for study during the remainder of the year and at the close of the second year a diploma is granted. Last year

in Miami, O., a class of thirty-two was graduated from the Home Nursing course and twenty-five from the Domestic Science department. The youngest pupil who has ever been graduated was a twelve year old girl who was a devoted member of the domestic science class, while the oldest took her diploma last year, celebrating her eightieth birthday on the Chautauqua grounds on the same day.

Dr. Geisel will leave Feb. 1 for Nashville, Tenn., to conduct a School of Health twice a day for five days before the five hundred young women of Belmont College in that city. She goes at the special request of the girls who sent her a petition begging her to return to them again this year. From there she will go to Meridian, Miss., where she will speak once a day for a week, before the six hundred women students of that Conservatory of Music and once also each day before an audience drawn from both the men's and the women's colleges, aggregating 1,200 students. From there she will go to Atlanta, Ga., to speak before the Woman's Club. From this place she will go to Jacksonville, Fla., where she will begin her southern Chautauqua work, speaking in Jacksonville, Gainesville, St. Petersburg, Orlando, St. Augustine, Lake City, Fla.; Florilla and Citronelle, Ala.

DOMESTIC SCIENCE DEPARTMENT

NORMAL nutrition can easily be maintained on a fleshless diet. Beans, peas and lentils contain from 18 to 25 per cent protein, which is the characteristic food element of meat, and which is indispensable for the building and repair of the body tissues. Nuts contain on an average from 20 to 25 per cent protein, and cereals contain about the right proportion, 10 per cent.

Dried beans at five cents a pound will supply over 100 grams of protein, and 1,600 calories of energy. Ten cents spent for almonds furnishes thirty grams of protein and 923 calories of energy. If spent for peanuts it will purchase more than twice the protein and six times the energy that could be bought with the same expenditure for porterhouse steak. At usual prices, nuts are reasonable sources of protein and energy. Shoulder of beef at twelve cents a pound sounds like a cheap food; but it contains so much water and refuse, bones, gristle, etc., that ten cents spent for it will buy only about one-fifth as much actual food elements as the same sum expended for bread.

Many appetizing dishes can be prepared by properly combining the legumes, cereals and nuts, when one tires of them being served separately, and, when served with an appropriate sauce or gravy, will make most wholesome meat substitutes.

∴ Nut Meat Pie ∴

1 pound protose.
3 pints apples.
½ cup sugar.

In the bottom of a granite bake-pan place one-half the Protose cut in thin slices. Over this place the apples, sprinkled with the sugar, then the remainder of the Protose cut in thin slices, and over all place a pie paste. Bake in a moderate oven thirty minutes, or until apples are tender.

THE art of living rightly is like all arts; it must be learned and practiced with incessant diligence.—Goethe.

Increased Efficiency

Q More power to do things is what you want, what everyone wants. Most people are blindly groping after something that will give them this coveted force. To produce energy and to conserve the power of the human engine is an art. Over thirty years have been spent in developing this art at the Battle Creek Sanitarium. The methods of this world-famous institution are not based on hobbies or fads. Scientific certainty is back of this entire health system. Plans have now been perfected for extending the benefits of these treasures of health knowledge to every man, woman and child in the country, through a series of health courses by correspondence, costing but a trifle. Write at once for Prospectus A.

The Battle Creek University of Health

BATTLE CREEK - - MICHIGAN

PERSONALS

Miss Edna A. Packard of Chicago is here as a patient.

Mr. E. J. Yuncck of Sandusky, O., is resting at the Sanitarium.

Mrs. H. P. Mantz of St. Louis is here for rest and treatment.

Mrs. M. N. Brunson of Macon, Ga., is resting at the Sanitarium.

Miss A. M. Ingham of Columbus, O., is a patient at the Sanitarium.

Mrs. H. M. Somsen of New Ulm, Minn., is a newly arrived patient.

Mrs. John Russell of Grandon, N. D., is here for rest and treatment.

Miss Lucy Ballard of Indianapolis, Ind., is here for a period of rest.

Mr. C. W. Marsh, a publisher of Chicago, is resting at the Sanitarium.

Miss Eva B. Kemp of Sault Ste. Marie is a newly arrived northern guest.

Mrs. I. C. Le Moyné of Lisbon, O., is a newly arrived patient at the Sanitarium.

Mrs. N. Bolander of Chicago is visiting her daughter, who is a patient here.

Mr. H. V. Chase, secretary of the Y. M. C. A. at Hamilton, O., is a patient here.

Miss Lena Bushong of Toledo, O., is paying a visit to her father, who is a patient here.

The Rev. R. M. Cole of Oberlin, O., is spending a few days resting at the Sanitarium.

Mr. and Mrs. Theo. Morland of Parkersburg, W. Va., are newly arrived patients here.

Mr. M. N. De Haas of Marquette, Mich., is spending a period of rest here at the institution.

Mr. and Mrs. A. C. Mason of Benton Harbor, Mich., are spending a few days here resting.

Mr. and Mrs. W. A. G. Folgar and daughter, Miss Joy Folgar of Akron, O., are here for a rest.

Mr. and Mrs. J. George Kurtz of Frazier, Mont., are among the recent guests to arrive from the west.

Miss Mary V. Harrison of West Orange, N. J., has returned to the Sanitarium for rest and treatment.

Mrs. A. M. Smalley and brother, Mr. W. D. Mellot of Bellaire, O., paid a short visit to the Sanitarium this week.

Dr. W. S. Ernest and wife of Donegal, Pa., are patients at the Sanitarium. They will remain for a few weeks.

Dr. F. S. Knowles with his wife and daughter is paying a visit to the institution. Their home is in Ludington.

Dr. F. C. Warne of East Jordan, Mich., has come to the Sanitarium for a period of rest from his professional duties.

Judge and Mrs. S. L. Hoge of Canton, O., former patients of the Sanitarium, returned this week for rest and treatment.

Mrs. M. C. Alloway, who has been a guest at the Sanitarium for many months, returned this week to her home in Nashville, Tenn.

Mrs. Mary Elta Downie left Thursday for her home in Evanston where she will remain for a fortnight before going south. She expects to return early in the summer for a long stay. Her many friends here will welcome her return.

Miss Castella F. Bush of New York, accompanied by her nurse, arrived at the Sanitarium this week and is enrolled as a patient.

Mrs. H. V. S. Peake and Miss Rose Armbruster, both missionaries to Japan, who have been attending the conference, will remain a short time as patients.

Mrs. J. S. Baker, mother of Ray Stannard Baker the well known member of McClure's staff, is a guest at the Sanitarium. Her home is in St. Croix Falls, Wis.

Mr. and Mrs. C. W. Sutton returned this week from Rockford, Ill., where they spent the holidays. They will remain at the Sanitarium for the remainder of the winter.

Mr. Joseph M. Ward, Battle Creek, who for the past few months has been a patient at the Sanitarium, expects to return to his home this week. He is much improved in health.

Col. C. B. Stephenson of South Bend, Ind., and his nephew Mr. W. L. Stephenson spent a part of the week here. Col. Stephenson intends to return shortly for a month's treatment.

Mr. Frank A. Arnold of New York, a member of the Suburban Life staff, has been spending a few days at the Sanitarium getting material for an article which he purposes to write.

Mr. and Mrs. Frank Curtis of Decatur, Ill., are spending a few weeks here resting and form two of the Decatur colony in which are also numbered Mr. George A. Stadler and J. S. McClelland.

Misses Viola M. and Muriel Gernon, accompanied by their father, R. S. Gernon of Plainfield, N. J., arrived at the Sanitarium the past week and will remain as patients. Their father returned east.

Mr. B. G. Tremaine, a frequent visitor to the Sanitarium, who accompanied Mrs. Tremaine here last week, returned to his home in Cleveland early in the week. Mrs. Tremaine will remain for treatment.

Mrs. Margaret Paxton was called to Cincinnati on business early in the week. She will later meet Miss Wormold in Chicago and together they will go for a tour of the Pacific coast, including Alaska.

The Rev. M. C. Wilcox, who is spending a year in the United States while translating American text-books into Chinese for use in Chinese schools and colleges, returned to the Sanitarium the past week to attend the missionary conference. He will remain for a fortnight of rest among his many friends here.

News Notes

Prof. M. W. Newton of Modern Medicine has returned from a prolonged trip to the Pacific coast.

Mr. and Mrs. Bertram Kirkland gave an informal reception Thursday evening to celebrate their entry into their new home in Oak Lawn.

Mrs. M. S. Foy, superintendent of the Sanitarium Nurses' Training school, will leave next week for a short vacation to be spent at Manitou, Col.

Miss Charlotte Dancy will leave shortly for Elgin where she will instruct the nurses in the hospital in the science of hydrotherapy. She will retain her position here as assistant superintendent of nurses, making weekly trips to Elgin.

Mr. and Mrs. Charles M. Roe expect to be settled in their residence on North Washington Avenue during the next week. They have with their family been sojourning at the Sanitarium while the house was undergoing repairs.

Dr. Benton Colver has started a new class in First Aid to the Injured at the local Y. M. C. A. The course will include ten weekly lectures and demonstrations and is proving very popular, a large number of men having enrolled as members.

Dr. L. B. Stoner will resume work Feb. 1, after her winter vacation. She will take charge of Dr. Kerr-Harris' patients. Dr. Harris will leave, in company with Dr. R. H. Harris, for Scotland in April, where they will both enter the Edinburgh University to secure the degree of F. R. S.

Charles Ripley in the pathological laboratory has been doing some experimentation work with an automatic electric heater for use in incubators and perfine baths. The experiments have shown that the temperature can be maintained more economically and more accurately by this heater than by gas or hot water.

Renewed interest is being manifested in the Walking Club during the fine weather. Each afternoon at 2:30 the club, under the leadership of Director Winjum, starts across country for a four-mile tramp. Weather conditions have been perfect the past few weeks and guests are not slow to take advantage of this fact and store up vital energy.

WHATEVER IS, IS BEST

I KNOW there are no errors
In the great eternal plan,
And all things work together
For the final good of man.
And I know when my soul speeds onward
In its grand eternal quest,
I shall say as I look back earthward,
Whatever is—is best.

—Ella Wheeler Wilcox.

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ARRIVALS

THE list of arrivals for the week ending Jan. 25 is as follows: Robert H. Nassau, Pa.; W. H. Bennett, Mich.; J. H. Bennett, Mich.; Mary H. Harrison, N. J.; J. H. McCartney, M. D., West China; Albert and Martha Gale, Mich.; H. V. Chase, O.; Ella C. Bamed, India; A. L. Kennan and wife, India; Henry C. Moress, Ill.; B. Winget and wife, Ill.; M. C. Wilcox, China; R. M. Cole, Turkey; W. A. Todd, O.; Anna T. Miller, Persia; Arthur J. Schneider, S. Dak.; N. P. Maas, M. D., S. Dak.; S. C. Lemoyne, O.; J. B. Hartwell, China; H. G. Haack, Ill.; Mary B. Austin, Ill.; Miss Lena Bushong, O.; H. C. Sheppardson, Mass.; W. L. Stephenson, Ind.; A. M. Means, Fla.; W. F. Middleton, Fla.; Dr. W. R. Schussler, Ill.; Mrs. M. N. Bronson, Mo.; Mrs. H. N. Sorensen, Minn.; Miss Ida Koch, Minn.; H. P. Mantz, Mo.; Mrs. H. P. Mantz, Mo.; W. M. Donner, Mass.; C. W. Marsh, Ill.; Mrs. Caroline Goeller, Ind.; George Vonnegut, Ind.; A. Z. Flemming, Ia.; Dr. and Mrs. W. S. Ernest, Pa.; W. H. Simmons and wife, Pa.; J. Vanderhook, Mich.; Frank Curtis and wife, Ill.; G. A. Atadler and wife, Ill.; C. W. Sutton and wife, Minn.; John R. Paull, Mass.; F. E. Snyder, N. Y.; Miss Viola M. Geron, Miss Muriel Geron, R. S. Geron, N. J.; A. W. Mittner, Ia.; S. L. Hoge, Miss.; Mrs. S. L. Hoge, Miss.; Josephine Paulson, Wis.; John Russell and wife, N. D.; Miss Emma L. Black, O.; Frank A. Tarr and wife, O.; Philip R. Tarr, O.; J. E. Andrews, Mich.; Mrs. D. K. Davis, Mich.; Mr. and Mrs. J. George Kurtz, Mont.; Mrs. Eva B. Kemp, Mich.; Dr. F. C. Warner, Mich.; J. S. McClelland, Ia.; W. A. Folger and wife; Miss M. J. Folger; Jessie M. Miller, Mich.; H. H. Roberts, Mich.; Mrs. H. Blandie, Ill.; R. W. Menke, Ill.; E. G. Alwade, Ill.; E. G. Yurick, O.; Frank Cowles; Miss C. F. Bush, N. Y.; A. V. Hageman, O.; Mary C. McLaven, N. Y.; Myra Lee; Mrs. Philip Lyons, Ill.; R. S. Geron, N. J.; Mrs. E. A. Rice, Ill.; H. H. Albert, Ind.; C. B. Stephenson, Ind.; Mrs. Pauline Parks, O.; Charles Ganz, O.; W. L. Stephenson, Ind.; W. F. Kopfinger, Pa.; Dr. George A. May, Mich.; Kimball Fletcher, W. C. Balmer, W. G. Germandt, William F. Haas, Ann Arbor; Theo. Morlauge and wife, W. Va.; W. F. Parsons, Mich.; F. S. Kudales, Mich.; C. C. Donley, O.; Mrs. C. A. Parker, Ill.; Mr. and Mrs. H. C. Mason, Mich.; Mrs. E. Hourman, Ind.; T. L. Thompson and wife, city; R. W. Menke, Ill.; Mrs. A. M. Smolley, Mrs. Frank Newbauer, Pa.; Mrs. J. F. Thompson, Mich.; Thomas Hogan, N. Y.; Bert Smith, Ia.; F. A. Arnold, N. Y.; G. N. Midgarden, N. Dak.; Clark Knowles, Mich.; Mr. and Mrs. Thomas Sweeney, S. D.; N. M. De Haas, Mich.; Mrs. L. E. Stewart, Mich.; M. B. La Force, Ia.; Mrs. Jesse Blough, Ind.; Mrs. H. V. S. Peake, Mich.; A. Earle Milligan, O.; Charles Anderson, Ill.; N. E. Newark, Mich.; Claire Bennett, Ontario; John A. Kuhlman, N. Y.

ENTERTAINMENT SCHEDULE

Many Pleasing Programs to Be Presented
During the Coming
Months

LECTURE COURSE WELL BEGUN

DR. A. J. READ gave an interesting illustrated lecture in the chapel Tuesday night on "A Voyage Through the South Sea Islands." This was the first of the series of lectures to be given through the winter and spring months by Sanitarium talent. Other lectures are Feb. 9, Dr. Kellogg; Feb. 23, George C. Tenney and Ivers Tenney; Feb. 9, Dr. Benton Colver; March 23, Pastor J. A. Brunson.

On next Saturday night Prof. E. B. Swift of Milton, Wis., will give an illustrated lecture in the Gynnasium on "The Wonders of the Micro scope and Telescope." On a former occasion Prof. Swift entertained a large audience with this lecture which has many unique features and he will undoubtedly please his hearers on Saturday night.

On Feb. 9 Montaville Flowers, who stands at the forefront of impersonators, will give readings for the pleasure of the Sanitarium guests. On Feb. 27 Miss Ruth Hemenway of Bloomington, Ill., who on two other occasions has delighted Sanitarium audiences, will give "If I Were King." March 19 the Battle Creek Ladies' Orchestra will give a musical program and on the 20th Wallace Bruce Ambary, a talented reader of Chicago, will give a pleasing miscellaneous program.

These entertainments will supplement the customary health lectures given each week by Drs. Kellogg and Riley.

:: INDOOR BASE BALL ::

By their win on Monday night against the Medics the Shamrocks practically captured the championship of the Sanitarium Indoor Base Ball League. The game was fast and furious and was practically presented to the Shamrocks by Umpire Klapp in his decision at the plate in the seventh inning, when he called Richardson safe when Lewis had him out easily. Every turn of luck went to the Green. The feature of the game was Race's pitching and a one-handed catch by Tetterson from Dr. Colver's bat in the ninth inning. The batteries were Race and Lewis, Alcorn and Richardson. Umpires, Klapp and Judd. On Saturday night the Medics defeated the Crescents by a score of 8 to 4. Both Race and Wilson pitched fine ball, but the Medics' batting was too much for the business office boys.

FEBRUARY GOOD HEALTH OUT

THE February number of *Good Health* offers an unusual number of readable editorials and articles and is well illustrated. Among the interesting contributions is one from the pen of Dr. Francis E. Clark, father of the Christian Endeavor movement, who relates his experience in meeting Horace Fletcher while crossing the Atlantic a few months ago. H. B. Albright contributes a pertinent article on the "Eating Habits of the Japanese" and Dr. J. H. Kellogg treats "The Fasting Fad." Mrs. E. E. Kellogg continues her series of articles in the department of Household Economics, her topic being "The Housekeeper in Quest of Germs." Kate Lindsay, M. D., tells of sanitation in the public school and the home. Her broad experience in the medical field and her knowledge of human nature and its frailties equips her to speak in an authoritative manner upon the defects of our system. Mrs. Minnie Emmons in the department of Domestic Science gives some attractive recipes for meat substitutes and tells how to prepare them. Dr. Carolyn Geisel conducts the Chautauqua Department of Health and there are the usual valuable editorials and answers to questions by Dr. J. H. Kellogg.

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THE BATTLE CREEK IDEA

VOL. II, No. 9.

BATTLE CREEK, MICH., FEBRUARY 4, 1909.

PRICE, 2 CENTS.

LOCAL OPTION RALLY DRAWS LARGE CROWD

Pres. Samuel Dickie of Albion College, the Principal Speaker, Discusses Economical Phases

INTRODUCED BY PASTOR TENNEY

A LARGE audience greeted President Samuel Dickie of Albion College Tuesday night when he addressed the local option rally, held in the Sanitarium gymnasium. The gymnasium was well filled and the speaker was vigorously applauded. Pastor George C. Tenney introduced President Dickie, who is regarded as one of the most eloquent and forceful temperance speakers in this part of the country.

Professor Dickie discussed the subject from an economic standpoint and declared that if the saloon and the brewery were removed from Calhoun county the increase in taxation which would result would cost the tax payers only ninety cents on the thousand dollars of valuation. "The saloon," said he, "produces no wealth. The robber, the gambler and the saloon keeper all take money away and give nothing of any value to the community in return. If all the liquor in this country were de-

(Continued on page 6)

CHRISTIANITY AS A PROMOTER OF HEALTH

Pastor J. A. Brunson in Sermon Before Sanitarium Guests Tells How Inter-related Are Body, Soul and Spirit

CHRIST'S TEACHING GOOD HYGIENE

In his Sunday evening sermon in the Sanitarium parlor, Pastor J. A. Brunson spoke on Christianity as a Promoter of Health, taking for his text Prov. 17:22, "A cheerful heart is a good medicine." He said in part:

"In discussing Christianity as a promoter of health we must bear in mind that man is a unity. He is not all body, nor all soul, nor all spirit. He is all three combined. He is a unity embracing a triad—a triad embraced in a unity. We may for convenience sake, by a sort of logical process, dissect him, and speak separately of his body, his soul, and spirit, but we must not lose sight of the fact that these three are vitally related so that what affects one affects the other two. This fact is coming to be better understood than formerly, and in consequence the field and function of both preacher and doctor is broadening. The preacher cannot overlook the physical demands of those to whom he preaches, neither can the doctor ignore the

(Continued on page 6)

Headaches : Cause and Cure

Dr. W. H. Riley Tells of the Various Disturbances That Bring About This Common Ailment

DIAGNOSIS IMPORTANT

THE term "Headache" describes a pain which is usually located over quite an area of the head and which occurs paroxysmally or continuously and does not follow the course of any nerve trunk.

THE EFFECT OF SALT ON THE HUMAN SYSTEM

Dr. Kellogg Tells Sanitarium Patients Why They Should Use This Con-
diment With Moderation

SALT AN ACQUIRED TASTE

THE effect of salt on the human system and the story of the rise of the no-salt doctrine will be of interest to many of our readers. We give it as told by Dr. Kellogg in a recent lecture before Sanitarium guests:



COASTING DOWN BARBOUR HILL IN REAR OF THE SANITARIUM

(1) *Causes:* Headache is caused by quite a variety of causes. The character and location of the headache varies somewhat with the cause. It is important to discover the cause of the headache if possible. Otherwise treatment of this often distressing trouble may not be successful. The following are the most important causes of headache:—

(a) *Heredity:* There are many individuals who have inherited a weak, sensitive nervous system, one that is easily disturbed by slight irritations and stresses and strains of various sorts. Many of these individuals suffer from some well-defined disease of the nervous system, and along with some of these disorders headache may be a permanent and troublesome symptom, but more than this there are still others who really inherit the headache as an abnormal condition of itself, unassociated with any other nervous trouble.

There are still other individuals who, on account of some bad habits or wrong methods of

(Continued on page 3)

"Salt has a number of effects on the human system. Sylvester Graham some sixty years ago went about the country preaching the no-salt doctrine, and he was laughed at by nearly everybody. Some people tried it, however, and thought it was good. I tried it myself about forty-five years ago, and for many years I did not eat salt, and I found no ill effects from it. When I was a medical student in Bellevue Hospital College, I listened to the lectures of the learned Prof. Flint, and one of his lectures was about salt. He was professor of physiology there, and he described what terrible things happened to people who did not use salt—chlorid of sodium. He quoted the old story which has come down from very ancient times about how certain prisoners were condemned to live upon bread without salt and water, and how that these poor wretches in the course of a few weeks began to show worms in their skin, and these worms multiplied until they finally devoured them alive. He told of a French

(Continued on page 2)

THE EFFECTS OF SALT

(Continued from Page 1)

physiologist, who denied salt to some calves, and they became scrawny; the hair all fell out, and the poor creatures died of inanition; so he admonished us that we must all eat salt, and plenty of it. At the times I sat listening to those lectures, I had not eaten salt for three years, and I could not see a worm in sight anywhere. I examined myself very sharply, and I could not discover that I had anything at all the matter with me except that I was very much alive.

"That teaching is perfectly ridiculous. The idea has a firm hold on people that salt is essential. It is essential, but this is the error—that we must have salt upon our table and add it to our food. The error is in the supposition that the Creator who made the food knew just exactly what to put into it, and that he put into the food all the different kinds of things that should go into it with just one exception—he forgot the salt, and we had to put the salt in ourselves. That always struck me as being a very monstrous supposition,—that the Lord did not know how to make salt, how to make potatoes. He knew how to make apples, peaches, pears, plums, and those things, because he did not have to put salt in them, but he did not know how to make wheat, and potatoes and things of that kind, and so we should have to add salt to them! That we should have to add salt, that one particular mineral substance, is ridiculous, isn't it? Why not add some lime? Why not add some potash? Why not add some chlorid of calcium, phosphates and all the other things? Why not have upon the table those things to add to our food? If the Creator did not know how to make it just right, why don't we have our food analyzed, every specimen of it that we take into our homes, and have upon our table an assortment of all the different substances that go into the food, and add them to our food,—a little iron, a little soda, a little calcium, a little magnesium, a little phosphorus, so that all the different things should be put in in proper proportion?

"The diet reformers were laughed at for a whole generation, but within the last ten years French physiologists have taken the subject up and have been studying it, and now there is abundant scientific authority for the statement that all food as it comes upon our tables contains, without any addition of cooking salt or chlorid of sodium, all the chlorid of sodium the body requires. Experiments have been made to prove this. Men have been put upon a diet of water and have been carefully studied. The amount of salt excreted from the body has been noted, and it has been found that the amount thrown off from the body every day is half of one dram, which is about thirty grains. Now it is found that the food which we ordinarily eat contains already the amount, just exactly the amount we need; so you see the body and the food are exactly adapted to one another. Now, there have been many observations made, long ago, which show the utter fallacy of this popular notion. An explorer in Central Africa a long time ago made a record in his story of his travels, of the fact that in all Central Africa among those native tribes, there was found no chlorid of sodium at all.

"I have talked with a number of missionaries who have been away up in the Congo, and they tell me that salt there is so scarce, so precious, so little used, that a man will work a week for a handful of salt. You can pay a man for a week's work by a handful of salt, and he will consider himself very well paid. They like salt, that is true. A handful of tobacco would pay them also for a week's work.

They like tobacco just as well as salt; and half a pint of whiskey would pay them very well for a week's work; so you see the fact that there is an appetite for salt is no proof that salt is essential. The fact that millions of people occupying the heart of a great continent there, spreading over thousands of square miles of territory,—millions of people have lived there from time immemorial, in splendid health without any chlorid of sodium except what they find naturally in the food,—that fact is of tremendous significance. And it is not only the people who live in Central Africa, but the animals that live in Central Africa that live without salt. There is no salt there; there are no salt licks or mines in all that vast country. There is no salt except what is found in the vegetables naturally and what is naturally found in the soil. There is no salt found in substance as salt. Yet thousands of people have lived there and countless multitudes of animals of all sorts have lived there without any salt. When you are feeding a monkey, you do not have to put any salt on his potato; he takes it as it comes and he is perfectly satisfied with it, and so am I; I don't add salt to my potato any more than the monkey does, and I am sure I like the potato. The potato has a good enough flavor in it to recommend it without salt. When we omit the very strong flavor of salt, we find the salt has secreted a great number of delicate and really delicious and delightful flavors that we did not know existed. When people eat great quantities of salt, it obscures the finer flavors of the food with this very harsh and coarse flavored substance.

"It is not only animals of various sorts that get along without salt, but millions of human beings also. I might mention further the argument that animals eat salt is a very absurd one. Did you ever hear of a lady giving salt to her canary birds? Did you ever hear of any one giving salt to the neighbor's chickens? I am sure you have. Some time ago I noticed a little note in one of our city papers here to the effect that a certain woman had been sued by a neighbor because she had fed salt to the neighbor's chickens, and the chickens were dead. And a lady some time ago told me that she gave a canary bird a morsel of something that happened to be pretty salt, and the canary bird ate it and was very soon seized with terrible inflammation of the bowels and died. We all know perfectly well that salt is not good for birds. A great class of creatures, multitudes of them, live without salt; so we know they do not have to have it.

"Then there are the carnivorous animals. Did you ever hear of giving salt to dogs, or to lions, or panthers, and the whole class of carnivorous animals? Nobody ever thinks of giving them any salt. They do not want salt. The American Indians, when this country was discovered, made no use of salt. Even up to the present time, these native sons of the soil can be found, groups of them at present, living absolutely free from the use of salt. I met some years ago a missionary who had been located at Winnipeg for twenty-five years. I was crossing the ocean, and I happened to meet this missionary, who was an arch-deacon of the Episcopal Church, and he was telling me about the people he lived among, and among other interesting things he told me this. He said the Indians really did not like salt. They had a peculiar antipathy for it and could not be induced to eat it. When they have very severe winters so that they cannot get out to hunt, they have to live on government corned beef, and he said, 'Do you know, they soak that corned beef overnight to get the salt out of it, and pour the water off; then they put it into water and boil it again before they eat it.'

"So you see, my friends, salt is not neces-

sary. I know it, for I have tried it myself for years at a time, and at the present time I eat very, very little salt. Now, the fact of the matter is that one can eat a little salt without any serious harm. I don't believe a small amount of salt does any harm at all, but the excess of salt, the large quantity of salt which is used all the while by the great majority of people is undoubtedly distinctly harmful, very harmful. Why? When the kidneys begin to fail in their work, the first evidence of that failure is inability to eliminate salt. And that is the one thing we watch out for when patients arrive here. Our experience has taught us to watch sharply after that thing as the first and most important indication. We owe our knowledge of this fact to eminent French physiologists who have experimented and found it out within the last five years. The amount of salt ordinarily found in the urinary secretion is four grams to ten or twelve grams. Some salt is thrown off through the skin. In the summertime there is less salt excreted through the kidneys for the reason that the perspiration emanating through the skin carries off a larger amount of salt, and that fact must be taken into account. The average man eats from twenty to thirty grams of salt a day, that is, from two-thirds of an ounce to one ounce. Two-thirds of an ounce to an ounce of salt,—that is the amount ordinarily eaten. The actual requirement, instead of being two-thirds of an ounce to one ounce, is one-fifteenth of an ounce.

"It has been found that salt is the cause of dropsy. Here is a man with Bright's disease who has dropsy. It is the salt he eats that makes that dropsy. That is the principal cause of it, the first cause of it. So when we find a man here with dropsy, we take salt away right away. When salt is entirely removed from a man's diet, it is astonishing how quickly the dropsy will disappear. Now you see the reason for that. This man is taking perhaps one ounce of salt every day. He has been in the habit of eating that quantity. Now, all this salt has to be held in solution, seven parts of salt to 1,000 parts of water. That is, there is 143 times as much water as salt. So for every ounce of salt in the body we have to have 143 ounces of water to dissolve that salt. For that is the strength of the brine, you see, with which the body is saturated. The body will not permit the blood to have a salinity greater than seven parts in a thousand, so the salt has to be pushed out into the tissues, and water has to be pushed out into the tissues along with the salt to hold it in the proper solution. That is the explanation of dropsy. Now then, if we want to rid that man of his dropsy, you see, the first thing to do is to take salt away from him, then the kidneys which have been somewhat crippled but still able to do a little work will gradually take out this surplus of salt; day by day a little is carried off. Under such circumstances, I have seen the dropsy disappear in three or four days. A gentleman we had here some little time ago lost over twenty pounds in one week, and the only thing in the world we had done for him was to eliminate the salt. Of course, if we get the salt out through the skin by sweating, that helps just as much as if we get it out through the kidneys, because we get rid of the salt, so the water goes right along with it.

"So salt in some circumstances may be a very damaging thing. The well man can eat a considerable amount of salt because his kidneys are still able to eliminate it. The man whose kidneys have been crippled by diabetes, in which the kidneys are crippled by elimination of salt and sugar, or by Bright's disease, in which the kidneys are crippled by any sort of degeneration,—in such cases it is of the greatest importance that the amount of chlorid of sodium

should be reduced as low as possible. There is another class of patients that suffer from eating salt—patients who suffer from intestinal autointoxication. Persons suffering from this disease need to restrict the amount of salt, because the kidneys are overworked, are overtaxed all the time, in eliminating the large amount of poisons which are generated in the alimentary canal."

SENSIBLE METHODS OF BEAUTY CULTURE

An Attractive Course for Home Study
Offered by the Battle Creek Uni-
versity of Health

COURSE OPEN TO ALL

FROM the latest indications it seems likely that the correspondence course which will prove the most attractive, to women students at least, of the courses offered by the Battle Creek University of Health, is Course No. 3 on "Beauty Culture." Instead of confining itself to courses in pure science, the University of Health has evidently determined to appeal to our common instincts, with the object of giving them that sane and scientific direction which they need. The feminine instinct and eagerness for the cultivation of personal beauty is perfectly legitimate, but in order to be wholesome and free from harm it must follow sensible methods and pay attention to the warnings of science. If it does, indeed, it is capable of becoming a motive power of the highest good, both for self and for others.

It is this higher kind of beauty culture which the University of Health endeavors to teach in this course—not the skillful application of cosmetics, but the incessant daily care of the body and right living upon which all true and lasting beauty depends. The beauty-loving woman is shown how to secure the beauty she covets by simple rational methods, without the use of devices which may prove harmful and often defeat their very object.

The course is easily superior in thoroughness and scientific value to anything that has yet been prepared on this subject for popular purposes. Every division of the subject is treated in full detail, with specific directions, prescriptions, etc. The topics of the six lessons give but a meagre idea of the remarkable completeness of the course:

Lesson I—Health and Beauty (the life beautiful in a nutshell); Lesson II—The Skin and the Hair (bathing, treatment of falling hair and dandruff, etc.); Lesson III—The Complexion and Facial Beauty (diet and complexion, how to prevent pimples, wrinkles, etc.); Lesson IV—Care of the Teeth and the Mouth (how to prevent decay, bad breath, etc.); Lesson V—Beauty of Figure and Dress (symmetrical development, healthful dress); Lesson VI—Further Aids to Beauty (rest and sleep, exercise, etc.).

Five other correspondence courses on similarly vital topics are offered by the University of Health. They are open to any one, at a nominal fee, and the little time and effort required for their study is more than repaid by the gain in health, comfort and efficiency. Special privileges, such as free consultation, correspondence privilege, etc., are offered to the first thousand students who enroll. Further information can be obtained by writing to the Battle Creek University of Health, Battle Creek, Mich.

HEADACHES: CAUSE AND CURE

(Continued from page 1)

living, have developed headache, or on account of other constitutional diseases such as rheumatism, gout, anemias, tuberculosis, have also suffered with various nervous symptoms, and among these frequently is seen headache. These two classes of individuals, that is, those who have inherited a weak nervous system and those who have acquired a weak, sensitive nervous system, are usually described by physicians as neuropaths.

In the disease which is usually called "sick headache" or "migraine," a disorder which we have already described in previous numbers of this paper, the heredity element is an important causal factor, as is recognized by all physicians of experience.

Headache is more common than any other nervous symptom. Fully ten per cent of all school children and twenty-five per cent of all men and more than 50 per cent of all women have headaches. Headache is more often seen at certain periods of life. Most cases occur between the ages of ten and twenty-five, and again between the ages of thirty-five and forty-five, more occurring during the first period, that is, from ten to twenty-five, than the latter period. It is seldom seen in young children or in the aged. It usually occurs more often in the fall and spring of the year than at other seasons. It is also more common in cities than in rural districts.

Headache may be divided into certain classes with reference to the cause. There are also other divisions of headaches with reference to the location of the seat of the pain in the head.

(b) *Poisons*: Poisons or toxins circulating in the blood and present in the tissues and organs of the body is an important cause of headaches. This condition is sometimes described as toxemia, which means the presence of toxins or poisons in the blood. These poisons that produce headache may be divided into three general classes:

(1) *Poisons that are voluntarily taken into the body*. The most important of these are alcohol, ether, chloroform, tea, coffee and tobacco. It is a well-known fact that all of these produce headache. The use of tea and coffee, tobacco and alcohol should be particularly emphasized as very prolific causes of headache on account of the extensive use of these narcotics and beverages. The physician who has to deal with chronic disorders is strongly impressed with the prevalence of headache caused by the habitual use of these drugs. In addition to headache these drugs and narcotics produce a large number of other nervous symptoms and nervous diseases.

(2) *Poisons generated within the body*. These are of two classes, (1) the bacteriological poisons which are formed in the alimentary canal, particularly in the lower bowel by anaerobic bacteria or germs. These germs produce quite poisonous substances by their decomposing proteid substances. These poisons produced by decomposition of proteid substances are absorbed from the alimentary canal, particularly the lower bowel, into the blood, carried by the blood stream to the brain and are often the cause of a dull, aching headache and a confused mental state, mental depression, neuralgic pains, lassitude, lack of energy, strength and various other symptoms.

A very important part of the treatment of headache arising from this source is to give proper attention to the stomach and bowels, regulation of the diet and in this way remove the cause of the headache.

(3) *Poisons generated within the body as the result of tissue changes*. That is, the waste products that are formed in the body on ac-

count of the chemical changes taking place in the tissues. These are quite a different class of poisons than the preceding. When these poisons are promptly eliminated from the body, they do no harm, but when the excretory organs are deficient in their function, as is often the case in Bright's disease of the kidneys, and these poisons are retained and are frequently the cause of headache and other nervous symptoms.

(4) *Infectious diseases*, particularly the acute infectious diseases such as typhoid fever, malaria, smallpox, diphtheria, measles, anemia, etc. In this case possibly the severe headache which often accompanies these fevers, particularly in the beginning, may be due to two causes—(a) to a congestion of the brain and (b) to the presence of poisons circulating in the blood and carried to the brain, these poisons being formed by the specific bacteria which produce the disease.

(c) *So-called Reflex causes*: These reflex causes arise from the eye, the nasal organs, from the pharynx, from the ear, the digestive tract, from the pelvic organs and possibly from other parts of the body. The headache arising from a reflex cause may be described as a reflex headache, or as a referred headache. This means that some irritation in the eye, or nose or throat, or ear or digestive tract causes a nervous disturbance which is referred to the head and shows itself in the form of a pain which we call headache. From the eye we have errors of refraction, such as astigmatism, hypermetropia, muscular insufficiency. It is well known to oculists and neurologists that these disturbances of the eye are often the cause of headache, and when these disturbances in the eye are corrected by proper adjustment of glasses the headache often disappears.

Also catarrhal conditions of the nose and throat, hypertrophies, polypi, and other growths in the naso-pharyngeal passage may be the cause of reflex headaches or referred pains.

Also diseases of the ear, particularly the middle ear.

Again, referred headaches may be caused from various forms of indigestion, gastric catarrh, the irritation of the intestinal tract from indigestion or constipation or both.

(d) *Constitutional diseases*: Diatheses, certain peculiar constitutional conditions, such as rheumatic and gouty diatheses, uremia, diabetes, are often the cause of headache. The word "diathesis" means a tendency to disease. A rheumatic and gouty diathesis is a condition in which the nutrition of the body is disturbed and where normal products are formed in excess and not eliminated from the body. This rheumatic diathesis is described by physicians as *kithemia*.

The headaches arising from uremia as the cause have already been described, and are caused by poisons which are retained in the body as the result of the conditions of the kidney. In diabetes certain poisons are also formed in the body, such as acetone, diacetic acid and other poisons which may be the cause of headache.

(e) *Circulatory Disturbances in the Brain*: Hyperemia of the brain is usually associated with headache. This is a condition in which there is an excess of blood in the brain and the headache is usually of a throbbing form and severe in character. The opposite condition, an anemia of the brain, is also a cause of headache. Also arteriosclerosis or a hardening of the blood vessels of the brain. In this condition the blood cannot circulate properly through the brain because of the lessening of the lumen or opening of the artery, and consequently the brain is not properly nourished and headache is often a symptom which results from this condition.

(Continued next week)

THE BATTLE CREEK IDEA

PUBLISHED WEEKLY AT
BATTLE CREEK, MICH.

SUBSCRIPTION RATES

One Year	\$1.00
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Three Months	.25
Per Copy	.02

VOL. II FEBRUARY 4, 1909 No. 9

TUBERCULAR CATTLE AND "PRE-SERVED" MILK

THE dumping of tubercular cattle on New York State, which has no closed law against the importation of dairy cattle, and what he terms "commercial pasteurization," has aroused the activity of Nathan Straus, who will take steps to bring the questions before Governor Hughes and the legislature. The move is one of more than local interest and the decisions will be watched eagerly by the western states, who are waking up to the importance of stricter laws both as regards importation of cattle and the scientific treatment of milk.

"My attention was called to this matter," said Nathan Straus in the New York Times, "partly by the fact that there has not been the decline in the death rate which might have been expected through the work which others and I have done to improve the milk supply. It is very disheartening. On the one hand it appears that we are getting our milk from cattle which are thoroughly diseased; on the other, that people are putting their trust in the worthless so-called 'commercial pasteurization.'"

"New York State has no closed law against the importation of dairy cattle from other States. Pennsylvania, New Jersey, Maryland, Massachusetts, and I think Vermont, have. Consequently, the Buffalo stock yards are the dumping ground for all tubercular cattle from Ohio, Indiana, Michigan, Illinois, and other states.

"Probably 75 per cent of the cows rejected by other states are sold into New York for dairy purposes. *The rest are so bad that no one will buy them and they are slaughtered for food, although they are really only fit for the fertilizing factory.*

"New York should adopt the same regulations as the other States which have legislated on the matter. Cattle for dairy purposes, imported into them, must be submitted to a period of quarantine and the tuberculin test, unless they are accompanied by a certificate of fitness from the state of their origin.

"Chicago is about to adopt stringent regulations about its milk supply. After January 1 no milk will be allowed into the city, unless it can pass proper tests and it can be proved that it has been produced by healthy cattle.

"Experience shows that about thirty per cent of the grade cattle and a much larger percentage of the thoroughbred herds in New York state are suffering from tuberculosis."

Mr. Straus also urged the extreme importance of a proper recognition of the difference between true and commercial pasteurization. The former process requires the exposure of the milk to 160 degrees Fahrenheit for twenty-five minutes and rapid cooling to 40 degrees. This kills all noxious germs and preserves the milk's nutritious quality. The commercial pasteurization only submits the milk to the heat for forty seconds.

"Commercial pasteurization," said Mr. Straus yesterday, "is a humbug and fraud. The germs are not killed, but the milk has been treated by a process which merely preserves it and prevents it from souring. It actually does more harm than good, for it enables dishonest dealers to keep milk and market it when it is old and stale. It deceives mothers, who know that pasteurized milk is good for their babies and do not understand that commercially pasteurized milk is only preserved milk. Yet Dr. Hastings of Toronto made the following statement last summer to the Canadian Medical Association:—

"If the truth were known, 15,000 of the 30,000 children who die in Canada annually, might justly have as their epitaph, 'Poisoned by impure milk.'"

"Unfortunately, most of the so-called pasteurized milk sold in the city has been only commercially treated, and the use of the term 'pasteurization' in connection with it should be forbidden by law."

MILK-FED CHICKEN

A RECENT bill of fare in a palatial railroad dining-car bore the caption used above in pronounced lettering at the top of the list of eatables good and bad. To the writer the words contained no special interest except in the fact that they afforded evidence that somebody had found out that the quality of chicken meat depends upon the character of the chicken's diet. A chicken fed on dead calves, old bones, earth worms and potato bugs has flesh very different in flavor from one fed on milk or sun-flower seeds.

Has it occurred to any of these connoisseurs of milk-fed chicken that the same thing holds equally true of human flesh? If a diet of flesh so fills a chicken's flesh with poison as to impart to it a rank and disgusting flavor, what about the effect of meat eating upon human beings? If a chicken eats a dead calf or a dead man, its flesh is regarded by the connoisseurs as fit food only for a cannibal or a scavenger. If a man eats the dead calf and the dead calf and the dead hen under the name of veal or "chicken pie," is the difference in names likely to produce any difference in effects?

A milk- or milk-and-bread-fed man is just as much sweeter and cleaner and more savory than a meat-fed man as a milk-fed chicken is sweeter and more palatable than a chicken that has feasted on barnyard filth or a dead pig in a pasture.—J. H. K. in *Good Health*.

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The Japanese a Superior Race

Rev. Benjamin Chappell Tells Fellow Missionaries of Their Ability and Charm

BOUND TO COMMAND RESPECT

"We Anglo-Saxons are in great danger of thinking too highly of ourselves. We sometimes display an overbearing character that is quickly recognized by the Orientals. We sometimes look down upon 'those little brown men,' but we shall some day have to look straight across to them and speak of them not as 'Japs' but as 'the Japanese.' They are a people whom the longer they are lived among the more they command respect," declared the Rev. Benjamin Chappell, in an address Sunday afternoon before students and returned missionaries in East Hall parlor.

The Rev. Mr. Chappell has spent many years in Japan ministering to "the little brown people," whom he so loyally champions, and is now resting at the Sanitarium for a few weeks before returning to his labors there. He is one of the strong men sent out to the Orient by the Methodist Board, and his addresses are always eagerly listened to by his hearers.

He mentioned the humiliation which the Japanese had undergone at the hands of their western brothers, more recently through the limitation of their emigration to this country, and pointed out the fact that "they stand there through the years, bearing it all with patience and quiet dignity, knowing full well that some day the world will have to recognize the truth of Robert Burns' immortal assertion that 'a man's a man for a that.'" The Japanese, he said, were abreast with the best knowledge of the world today—their young men were sent to

the best universities of Europe and the United States, their own public school system was of the very best and had an attendance of 95 per cent of the children; their art was the envy and despair of western artists and in manufactures they were becoming the keen competitors for the world's markets. "Their ability is astounding," said he. "They can do anything they set out to do and withal they are a people of beautiful courtesy. The longer I remain with them the more I am impressed with the beauty of their refinement."

The speaker, speaking to an audience of missionaries and prospective medical missionaries, cautioned them against thinking of the Japanese as they did of South Sea Islanders or North American Indians. "We must take into account the riches of their ethical teachings for century after century," said he. "Think of them as of the people of ancient Greece or Rome who had high civilization but not the riches of the knowledge of Jesus Christ." He brought his talk to a close with a dramatic appeal to his hearers, putting the question: "Does it really matter very much, whether these teeming millions know of the beauty of the life and salvation of Jesus Christ? The whole missionary problem is a very simple one," said he. "If Jesus should tomorrow be taken out of your life, what would it mean to you? 'Oh,' but you say, 'I could not live without him—he is my strength, my comfort, my peace, my

joy.' If he is what we say, we can never rest until we make his riches known to those to whom he is a stranger."

A CLEGGYMAN, while walking along a country road in Ireland, saw a man breaking stones and kneeling to get at his work better. "Ah, Pat, I wish I could break the stony hearts of my hearers as easily as you are breaking those stones," said he. "Shure," says Pat, "p'raps yer riverence don't work on yer knees!"

MANY people would not pay much attention to measles when they would feel alarmed if there were cases of scarlet fever or smallpox in the community. Too many are inclined to look upon measles as a light disease and scarlet fever as a severe one, yet the deaths from measles are greater than from scarlet fever.

In ten years in Connecticut, from 1894 to 1903, there were 1,036 deaths from measles and 839 deaths from scarlet fever. In Massachusetts during 1904, 1905 and 1906 there were 500 deaths from measles and 323 deaths from scarlet fever. Every year showed more deaths from measles than from scarlet fever.

Cases of measles should be isolated and the patient quarantined the same as is done with what are supposed to be the graver diseases. With proper quarantine, proper treatment and good medical care, much more may be done than is now the case.—Exchange.

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LOCAL OPTION RALLY

(Continued from page 1)

stroyed the country would not be any poorer. We will make money to lose the \$38,000 in revenue that we derive from the saloon in Calhoun county, as we will save all the money we now spend to support the results of the liquor traffic."

The former Prosecuting Attorney Louis Stewart was present and President Dickie took occasion to say that he was glad of the fact that Mr. Stewart had been defeated for re-nomination because he sought to enforce the law, saying it was better for him to do his duty and lose than to be re-elected as a reward for being a spineless prosecutor. Mr. Stewart was then introduced and spoke briefly of the influence of the liquor dealers in local politics showing their interference in carrying out the wishes of the people. During the course of his remarks Mr. Stewart declared that there was no charge upon which it was so easy to secure a conviction as for an infraction of laws controlling the liquor traffic. Public sentiment has already arrived at that point, he said, where a jury is sure to convict upon the presentation of proper evidence. Out of an even one hundred cases coming during his régime as prosecuting attorney but one man was acquitted.

CAST all your anxiety upon him, for He careth for you.—1 Peter 5:7.

CHRISTIANITY AS A PROMOTER

(Continued on page 2)

influence of mind over body in treating disease. I predict that psychotherapy will in the near future occupy a large place in the work of both the preacher and the doctor. It affords a common ground upon which both can stand and work together.

"To say that mind influences body is to utter a commonplace. It is a fact that has been observed by all, and may be abundantly illustrated from the experiences of everyday life. For example, an amusing thought enters the mind, and instantly a physiological effect is produced. The muscles of the jaws contract, the mouth opens and a loud laugh follows. Or again, if sorrowful news is received the opposite physiological effect is produced—the eyes fill with tears, the corners of the mouth droop, and the whole frame is shaken with grief.

"Dr. Du Bois relates the following, which occurred at Nancy under Prof. Bernheim's ministrations: 'A young soldier presented himself at the hospital. The professor examined him, verified a sore throat and gave him a gargle. Then, desirous of showing his class the power of verbal suggestion, he takes the young man's arm and says to him point blank, "Since when has your arm been paralyzed?" The astonished patient declares positively that there is nothing the matter with his arm. But the professor stands firm. "See, gentlemen," says he

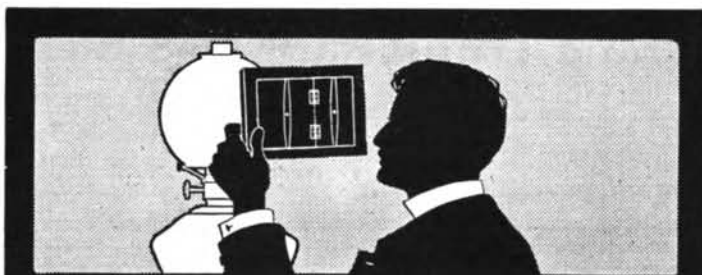
to the students, "here is a young man who has been attacked by a rare affliction, psychic paralysis of the right arm. You see how this limb hangs, without life, by the side of the body, and falls back again when it is lifted," as, joining the action to the word, he raised the arm, which really fell back like a club. The arm was really and truly paralyzed and it was necessary next day to restore it by inverse suggestion, which was quite easy.'

"These illustrations go to show that mental states produce bodily conditions. Hence the condition of one's health depends largely upon the prevailing state of one's mind. He who is bright, cheerful, and looks on the bright side of things is much more apt to have good health than one who is despondent and habitually anticipates misfortune. One's thought colors one's sky. Inward sunshine will brighten the gloomiest outlook. Inward gloom will darken the brightest prospect. Faith thought invigorates and tends to encourage functional activity. Fear thought depresses and tends to decrease the vital processes. Faith thought innervates, fear thought enervates.

"Having premised this much concerning the influence of mind over body, we now ask, how does Christianity promote health? The answer is, by bringing one into a condition of peace, hope and general good cheer. Christianity is decidedly optimistic. Not that the Christian is always free from despondency. Some of the most ardent, hopeful and courageous are at times depressed and discouraged. Elijah's case may be mentioned, also Martin Luther's. He who is capable of the highest hope is also capable of the deepest despondency, for despondency is the backward swing of the pendulum of hope. But still it is true that Christianity is optimistic and the real Christian is a genuine optimist.

"The following reasons for this, along with many others, may be assigned: 1. The Christian believes that his sins have been pardoned and that he is safe for eternity. This imparts to him a degree of assurance that is positively tranquilizing and administers comfort that sustains him. 2. He believes God is his Father who loves him and who is always mindful of his highest interest. He rests upon such promises as Romans 8:28, 'All things work together for good to them that love God, to them who are the called according to his purpose.' 3. He feels kindly toward all. Envy, hatred, scorn, anger, all tend to depress the body and produce disease. A kindly spirit is an excellent cordial. Christ's teaching, love your enemies, is not only good religion but good hygiene as well. It is prophylactic in a double sense. It not only wards off moral disorder, but also protects against disease."

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PERSONALS

H. E. MacAllaster of Winnetka, Ill., is a patient here.

Mrs. Helen White of New York is a newly arrived guest.

Mrs. H. H. Mohling of Waverley, Ia., is a newly arrived patient.

Mr. and Mrs. L. P. Hall of Duluth are patients at the Sanitarium.

Atty. E. S. Wichard of Des Moines, Ia., is a patient at the Sanitarium.

Mr. and Mrs. A. Coith of South Haven, Mich., are newly arrived patients.

J. A. Henderson of State College, Pa., is a patient at the Sanitarium.

Mrs. Arthur Jordan of Indianapolis is sojourning at the Sanitarium.

Mr. and Mrs. S. S. Paulson of Kenmare, N. D., are new patients here.

J. H. MacBurney of Cannonsburg, Pa., is a recently arrived eastern patient.

Miss M. Adelaide Perry of Paris, France, is spending a few weeks here resting.

The Rev. Robert F. Gibson of Williamsport, Pa., paid a brief visit here this week.

Mrs. M. S. Foy left Monday night for Colorado Springs for a vacation of three weeks.

Mrs. W. C. Beckert of Pittsburg, Pa., has returned to the institution for rest and treatment.

Mrs. E. A. Fox and mother, Mrs. C. Lay, of Michigan City, are patients at the institution.

Mrs. Mary A. Lindblom stopped off here for a short stay en route to her home in California.

Miss Bordon of the Chicago dispensary has been spending a few days here visiting friends.

Mrs. Donald Frazer and little son George Kenneth Frazer are newly arrived guests from Chicago.

Miss Sue Malone of Dotham, Ala., a former patron of the Sanitarium, has returned for further treatment.

Prea. C. C. Bliss of the Bliss Business college of Columbus, O., is taking a needed rest at the Sanitarium.

Mrs. Burdette P. Kelly and Mrs. Laura North, graduate nurses of Chicago, are patients at the Sanitarium.

Mr. and Mrs. Lafayette Young of Des Moines, Ia., frequent patrons of the institution, are here for a rest.

Mr. and Mrs. J. A. Jodoin of Seattle, Wash., are among the western patients who have arrived this past week.

Mrs. E. H. Stansbury and daughter, Miss Katherine Stansbury, of Appleton, Wis., are guests at the institution.

Dr. H. G. Peltier, accompanied by his father and mother, Mr. and Mrs. L. L. Peltier of Fort William, Ont., is here as a patient.

J. M. Martin and wife and little son, of Cincinnati, are paying a visit to the institution, guests of Mr. Martin's brother, Col. Martin.

Dr. George Dowkontt is in the east attending conventions of medical missionary bodies in New York, Philadelphia and Massachusetts.

Mr. F. S. Terry of New York, an ever welcome patron at the Sanitarium, arrived on Saturday and was called home Sunday by illness in his family. He will probably return later in the week for a ten days' stay.

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Dr. J. H. Kellogg and Dr. R. H. Harris spent Monday and Tuesday in Chicago.

Mr. B. G. Tremaine of Cleveland returned to the Sanitarium on Saturday to spend a few days with Mrs. Tremaine who is a patient here.

Misses Sigel, Wise and Peterson have returned from Chicago where they have been spending some weeks in work at the Chicago dispensary.

Miss Vaska McFadden of Bartlesville, Okla., who has been here for the past two months as a patient, returned to her home this week much improved.

Dr. C. H. Murphy of Perry, Mich., accompanied his father George B. Murphy to the Sanitarium this week where he will remain for treatment.

E. N. Salling of Manistee, Mich., is a newly arrived patient. Mr. Salling was a guest here fourteen years ago and finds many changes and improvements.

Mr. and Mrs. W. R. Beatty of the Pacific Press Publishing Co., of Mountain View, Cal., were guests over Sunday of Dr. and Mrs. J. T. Carr, Manchester street.

Mr. and Mrs. W. L. Gilmore of Elkhart, Ind., arrived at the Sanitarium during the past week. Mr. Gilmore will remain as a patient, but Mrs. Gilmore returned home the first of the week.

Mrs. Allen White of Louisville, Ky., who spent some months here last year, is being welcomed back by her many old friends. She will stay for some weeks taking treatments.

Mrs. J. P. Hansen has returned to her home in Milwaukee after a few weeks' stay at the Sanitarium, during which time her health improved considerably. She expects to leave later for the south.

Mrs. Schraubstadter spent a few days in Detroit last week. She returned early in the week and will remain for some time taking treatments. Mr. Straubtsadter returned to their home in St. Louis.

Dr. J. H. Barnhart left for his home in New York this week after a stay of several weeks. Mrs. Barnhart will stay for further treatment.

Mr. Arthur R. Neiter of Calgary, B. C. who has been recuperating at the Sanitarium for the past three weeks left on Friday for Toronto. After a short visit among relatives and friends there he will leave for his new home in Vancouver.

News Notes

Word comes from Guanica Centrale, Porto Rico, that Miss Kohler and Mrs. Brogan have left that place for Isabella, P. R. They left Battle Creek late in the fall and intended to spend the winter at Guanica.

Montaville Flowers, an impersonator of great versatility who has been warmly endorsed by Leland Powers, Elbert Hubbard, John Temple Graves, Bishop McCabe and scores of newspapers and critics, will give an evening of readings in the Sanitarium gymnasium Saturday night for the pleasure of the guests and employees.

The C. C.'s enjoyed a sleighride Tuesday night, after which supper was served.

The annual reception of the Battle Creek Nurses' Alumni Association will be held at West Hall on the evening of Feb. 10. A program of music has been provided and light refreshments will be served. The affair is the annual social event of the association.

The British Empire League held its monthly meeting Saturday night in West Hall parlor. An informal program of music was given and the affair was enjoyed by the members who attended in large numbers. Sec. John I. Gibson of the Business Men's Association, himself a Britisher, was a guest at the affair. Tentative plans have been made for a joint celebration of the late Queen's birthday by the Sanitarium league and the newly formed British league of Battle Creek.

G. J. Jamison of the Nurses' department has returned from Porto Rico, where he went early in December to care for a patient. Before leaving San Juan he received a letter from Dr. Martin who with Mrs. Martin and their little daughter is spending the winter at Guanica Centrale. Dr. Martin said they were delighted with their surroundings, with a splendid beach for surf bathing and nearby mountains to climb and a delightful climate—the warmth of summer during midday, but cool mornings and evenings. "People I met were very much interested in Battle Creek methods of treatment," said Mr. Jamison. "Among others I treated the auditor of Porto Rico, who was very much pleased and wished me to remain. Dr. Martin wrote that his work was being well received also."

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BATTLE CREEK, MICHIGAN

Theo. and Viktor Aagaard returned this week from a six months' trip spent abroad, during which time they visited in Norway, Sweden, Denmark, Germany, France, Austria and Holland. They will resume their work in the Men's treatment rooms.

The Social hour inaugurated before the holidays is again in full swing, Wednesday afternoon having been chosen by the management as the most convenient time. The hour is given over to music and an informal program of readings, stories, etc., the object being to promote sociability among the guests and form a medium of introduction. Last Wednesday the program included piano selections by the Rev. Mr. Boomer, a flute solo by Mrs. Gray, readings by Mrs. Clark and Mr. Boomer and a solo by Mrs. McNaughton. This week the program included a delightful recountal of a canoe cruise on the coast of Labrador by Mr. Charles H. Farnham, a writer and globe trotter who is spending a few weeks at the Sanitarium resting. Music was furnished by a trio consisting of Mrs. Drever on the piano and Mr. Drever and Miss Core, violinists.

The Sanitarium Literary society held a lively and highly interesting meeting on Monday evening in South Hall parlor. After the opening exercises there was a pleasing duet for banjo and piano by Messrs. James Roy and Charles E. Knell, then followed a rousing debate of the following question, "Resolved, That the American home would be improved if woman did not enter commercial life," the affirmative being supported by Prof. B. E. Nicola and Curtis Johnston, and the negative by Miss Ella Thompson and Miss Lenna F. Cooper. The speeches were all excellent, replete with argument, eloquence, wit, and humor, and elicited frequent and hearty applause from the large and appreciative audience. The judges rendered a decision in favor of the affirmative, though it was highly probable that the audience sympathized with the negative side. It is very encouraging to all those who are interested in the promotion of literary endeavor among the Sanitarium helpers, that the society is steadily progressing both in the size of its membership and in the quality of its work.

A LITTLE girl was sent by her mother to the grocery store with a jug for a quart of vinegar.

"But, mama," said the little one, "I can't say that word!"

"But you must try," said the mother, "for I must have vinegar, and there's no one else to send."

So the little girl went with the jug, and, as she reached the counter of the store, she pulled the cork out of the jug with a pop, swung the jug on the counter with a thud, and said to the astonished clerk:—

"There! Smell of that and give me a quart!"—*Mother's Magazine.*

ARRIVALS

THE list of arrivals for the week ending Feb. 1 is as follows. James P. Goodwin, Ind.; M. Adelaide Perry, Conn.; Miss Sue Malone, Ala.; E. G. Wischard, Ia.; A. Coith and wife, Mich.; Mrs. E. A. Fox, Ind.; Mrs. C. Lay, Ind.; Mrs. P. E. Pfeifer, Ind.; William M. Peterson, Wis.; Mr. and Mrs. F. M. Wilcox, Col.; W. H. Sand-lain, Wis.; Eddie Hall, Wis.; J. A. Rida, Conn.; C. E. Lumbuck, Pa.; Harry M. Smith, Mich.; E. R. Malone, Ala.; Emily May Ely, Mich.; J. W. Button, Ill.; Mr. and Mrs. L. P. Hall, Minn.; N. J. Peabody, Ill.; Mrs. H. G. Hauck, Ill.; W. B. La Force, Ia.; Mr. and Mrs. W. L. Gilmore, Ind.; Mrs. L. McCoy, city; Mr. and Mrs. L. Young, Ia.; Mrs. Mary A. Lindblom, Cal.; Mr. and Mrs. Charles H. Koch, Ia.; H. H. Mohling and wife, Ia.; Jacob B. Smith, Ind.; J. W. Richley, O.; G. H. Hutchins, Mich.; Mrs. Arthur Jordan, Ind.; H. A. Truhton, Col.; D. Schultz, Mich.; R. D. Hammond, Mich.; E. B. Swift, Wis.; C. A. Bliss, O.; C. J. Collins, Utah; J. H. McBurney, Pa.; Mrs. W. C. Bukert, Pa.; Helen H. White, N. Y.; M. H. Lane, Mich.; D. A. La Force, Ia.; Joel V. Murphy, Mich.; Mrs. D. G. Frazer and son, Ill.; H. W. Smith, Mich.; George J. Sorasin, Mich.; Donald G. Frazer, Ill.; Mrs. E. J. Sandsbury, Wis.; Mrs. Nathan Paine, Wis.; Mr. and Mrs. J. M. Martin, Master Akesta Martin, O.; W. R. Beatty and wife, Cal.; J. M. Hayward and wife, Ia.; E. N. Lattin and wife, Ia.; J. J. Horton, M. D., Ala.; L. Williamson, Ala.; Howard E. MacAllister, Ill.; Bennet MacAllister, Ill.; G. W. Morrow, Mich.; M. D. Whitford and baby, N. Y.; Frank Hallick, Mont.; L. L. Peltier, Mary Peltier, Henry Peltier, Fort William; B. G. Tremaine, O.; F. S. Terry, N. Y.; W. H. Demont, O.; William Hardwick, Pa.; P. Thompson, Mich.; Miss Bernadette Kelly, Ill.; Mrs. Laura Worth, Ill.; J. S. Henry, O.; Mrs. C. H. Endel, Mich.; J. A. Henderson, Pa.; W. J. Linsenier, Mich.; Fannie M. Titworth, Miss.; Lee Hagel, wife and daughter, Mich.; S. S. Paulson and wife, N. D.; William H. Nienfi Pa.; J. A. Jodoin and wife, Wash.; Lou M. Taylor, Mich.; E. Garekley, O.; Lewis McQuown, Ky.; Philip Wagner and wife, Mich.; Rev. W. H. Scott and wife, Ia.; Hal R. Procter, Mich.; Mrs. L. J. Heintz, N. Y.; Anna Heintz, N. Y.; Mrs. W. A. Schraubstadter, Mo.; W. G. Heinery, Pa.; C. T. Wilcox and wife, Wis.; Robert F. Gibson, Pa.

O LORD! how happy we might be,
Did we but cast our care on Thee,
And seek in thee our rest;
And feel, at heart, that One above,
In perfect wisdom, perfect love,
Is working for the best.

—J. Anstice.

CAST thy burden upon the Lord, and he will sustain thee.—*Psalms.*

BOBBY'S GRIEF.—"Bobby, what are you so unhappy about?"

"I'm mad 'cause we ain't got no big family; over at Billy Hopkin's house he's got two gran'mas an' three aunts ter help him git his own way."—*Chicago Record-Herald.*

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THE BATTLE CREEK IDEA

VOL. II, No. 10.

BATTLE CREEK, MICH., FEBRUARY 11, 1909.

PRICE, 2 CENTS.

HEADACHES: SYMPTOMS CAUSES AND THEIR CURE

Dr. W. H. Riley Tells of the Various Disturbances That Bring About This Common Ailment

DIAGNOSIS IMPORTANT

The following is a continuation of the lecture on the causes and cure of headaches given by Dr. W. H. Riley in the Sanitarium parlor:

(f) *Severe organic diseases of the brain*, such as meningitis, which means an inflammation of the membrane lining the immediate covering of the brain, or pachymeningitis, which is an inflammation of the outer membrane or dura-mater, which covers the brain. Also tumors of the brain and abscesses.

(g) In addition to the above there is one other class of causes which, when we come to consider their prevalence, are deserving of a class by themselves. These are certain functional nervous disorders, such as neurasthenia, hysteria, epilepsy. Associated with these functional disorders very often is headache.

(2) LOCATION OF THE PAIN: The pain of headache is usually located in certain parts of the head. The most common seats of pain and the most common forms of headache referring to the location of the pain are the following:

(a) Frontal, (b) Fronto-occipital, (c) Vertical, (d) Occipital, (e) Temporal or Parietal, (f) Diffuse. The diffuse form is where the pain is not located in any particular point but is quite general over the head. Any two of these different forms may be associated together. The frontal headache is most common. Next the fronto-occipito, next the temporal, and next the vertical.

Headache is also described by patients in various terms, and a particular kind of headache is usually associated with some definite cause. Thus we have headaches described as dull, heavy headache, as a sharp, boring or throbbing headache, or as a pressure headache. This is usually on top of the head and the pressure is downward; or as a constricting, drawing sensation; again as a burning headache.

(Continued on page 2)

WELL KNOWN PUBLISHER VISITS INSTITUTION

S. S. McCLURE, publisher, editor and lecturer, paid a visit to the institution this week. Mr. McClure is on a western lecture tour and stopped off en route to Ann Arbor where he was scheduled to speak. He is interested in the Battle Creek Sanitarium methods and expressed himself as much pleased with the institution and its facilities for recreating invalids. He was shown over the building and laboratories and remained over night. He will return Friday for a three weeks' stay.

Low Protein the Best Diet

Dr. Kellogg Tells Sanitarium Patients of Deleterious Effects of High Protein Diet

PROF. CHITTENDEN'S EXPERIMENTS

"PTOMAIN poisoning is simply poisoning as the result of the activity of germs which produce acids of various kinds,—lactic acid, butyric acid, acetic acid, etc. Every time you swallow a clam or an oyster, you are swallowing multitudes of these germs which make the ptomains or poisons. If you examine a drop of



The Haskell Home Orphanage Recently Destroyed by Fire

oyster juice under the microscope you will find it is a veritable menagerie. You will see the germs wriggling in every direction. It is like a silver mine in Colorado—there are millions in it—millions of these malevolent germs.

"Canned oysters are full of germs which are ready to go right to work when they get down into the stomach. What would happen if you should take that can of oysters and set it in a warm place in a corner beside the coil? What would happen if you should leave it there for twenty-four hours? It would be dangerous to eat them, as you well know. You must keep them on ice all the time to keep them good. But put them in a warm place, and you know the result: they are simply poisonous. Now suppose you swallow the oyster, where does it go to? It goes to a warm place. Suppose you put an oyster in your pocket,—what would be the situation after you carried it around in your pocket for twenty-four hours? When you swallow the oyster inside, it gets down into the stomach and intestine, and it is in a warmer place than your pocket; the result is, it is just as rotten and more rotten than it would be if it

(Continued on page 3)

HASKELL HOME ORPHANAGE CONSUMED BY FIRE

Three Lives Lost and Handsome Building Totally Destroyed Friday Morning

PARTIALLY COVERED BY INSURANCE

HASKELL HOME, the three-story brick building on Hubbard street, in which thirty-seven little orphans were being cared for, was totally destroyed by a fire which broke out last Friday morning shortly after 1 o'clock. Three of the little orphans lost their lives and their bodies have not yet been recovered. They are: Lena

McClaveny, age 14; Cecil Coutant, age 12, and George Goodnow, age 10.

The total loss is about \$60,000, covered partially by insurance, amounting to \$30,000. The handsome building was erected in 1893 with funds donated by Mrs. Caroline E. Haskell of Michigan City, Ind., a grateful patient of the Sanitarium, who gave the money in trust for this purpose to Dr. J. H. Kellogg. The home was under the management of a board of trustees, duly incorporated and presided over by Dr. Kellogg. Mr. and Mrs. R. S. Owen were in active charge of the home and barely escaped with their lives in their efforts to save the younger children, whom they led through the burning building, fighting the fire and smoke to reach an exit. Mrs. Owens carried in her arms the little six weeks' old baby who was sent to the home New Year's day, and with other small children clinging to her skirts reached the out of doors in safety, all clad only in thin night robes.

Seven girls were saved from death by leaping from the third story under the direction of Mary Armstrong, age 15, the oldest girl in the home. Her efforts to persuade Cecil and Lena

to jump were in vain and she was forced to leave them standing in the smoke-filled room while she jumped, striking her head on the ground below, and receiving slight injuries. Her brother, James Armstrong, a twelve year old lad, stood on a low shed beneath the floor where the girls jumped, directing their movements and catching his little sister Pearl, aged 7, and another little child, Bernice Edwards, aged 4, in his arms.

The fire originated in the north wing of the building from an unknown cause. The fire companies of the city made an heroic effort to save the building, but the fierce wind drove the flames throughout the building and it was soon apparent that little could be done. In an hour after the alarm was turned in the building was practically a loss.

The little children are being cared for in the homes of Dr. Kellogg and other kind neighbors. The laundry plant is being made habitable and supplied with steam heat, and here Mr. and Mrs. Owen and a few of the children will remain until better provision can be made. Generous donations of clothing were immediately made by merchants of Battle Creek, so that the little children have wardrobes which supply their immediate needs. The Union Charities contributed \$15, the several banks contributed money, and other money donations are being made daily. Several church societies have arranged to supply bedding. Steps will at once be taken to rebuild the institution on the cottage plan with strictly fireproof buildings.

HEADACHES: CAUSE AND CURE

(Continued from page 1)

A headache caused by hyperemia of the brain is usually described as a full, throbbing, dull headache, and is located in the frontal region, the occipital region, or may be diffuse.

The headaches arising from anemia and rheumatism are usually described as a burning headache, often associated with vertigo.

The headache arising from toxemias in the blood is usually described as a frontal headache or a temporal headache or an occipital headache or a vertical headache, is usually dull in character and the patient feels more or less depressed mentally.

The headache of neurasthenia is usually frontal, occipital or vertical, not very severe in character and described as a dull headache coming on in the morning and usually worse in the morning; lasting through the day, disappearing at night and does not keep the patient awake as a rule.

Headaches from disturbances of the eye may be frontal, temporal, occipital or vertical. It is usually frontal or temporal and is dull in character.

Headaches from indigestion and reflex causes from the alimentary canal are usually frontal or temporal or occipital or fronto-occipital, and are usually dull in character, come on in the form of attacks and disappear when the indigestion is relieved.

Headaches from organic diseases of the brain are sometimes localized at the seat of the disease and at other times the pain is diffused over the head. It is usually very severe, dull in character, sometimes throbbing; there may be exacerbations and remissions and the pain is often atrocious and unbearable.

(3) *Pathology*: Headaches are supposed to be due to an irritation either direct or referred of the nerve endings in the durameter. This is in contradiction to a neuralgic pain which is usually located in the trunk of a nerve or in the ganglion from which the nerve arises.

(4) *Diagnosis*: The important thing in diagnosis of headache is to determine the cause.

As far as the headache itself is concerned, of course the patient makes his own diagnosis as he tells his physicians that he has pain in the head, but the important thing for the physician to do is to find the cause. The diagnosis of headaches then from the physician's standpoint is to find the cause of the headache, and there is scarcely any other disease that the physician has to deal with where it is so important to make a correct diagnosis as in cases of headache. This can only be done by a very careful examination of the patient, and all possible causes should be carefully considered. Frequently it is necessary to make a careful examination of the eyes, including an ophthalmoscopic examination, of the nose and throat, of the ears, of the alimentary canal, of the kidneys; in fact, there is no organ of the body but what should be carefully examined in seeking for the cause of headache.

The habits of the patient should be carefully inquired into as to the use of tea, coffee, tobacco, alcohol and drugs, as these, as above stated, are frequently the cause of the headache, often not recognized as such by the patient. Associated with headache are usually other nervous symptoms, such as vertigo, somnolence, symptoms of neurasthenia, hysteria, epilepsy and the other symptoms of disease of which headache itself may be only a symptom.

(5) *Treatment*: A very important part of the treatment of headache is to find the cause and remove it. The habits of the individual should be carefully inquired into and if any wrong habits are discovered they should be corrected. The use of tea, coffee, alcohol and tobacco should all be stopped. The patient's diet should be carefully regulated. It has been observed by many careful medical men that an excess of protein in the food, particularly the excessive use of meat, is often the cause of severe headache. This is particularly so in cases of migraine, a form of headache which is not described here, as it is a disease by itself and has already been described in a previous article. The diet, then, should be carefully regulated. Any indigestion should receive proper treatment; careful attention should be given to the bowels. Constipation should be relieved by the best remedies at hand. Constipation can often be relieved by proper regulation of the diet. An outdoor life should be encouraged. An outdoor life with exercise is a very valuable means to assist in the elimination of poisons from the body. By exercise the functions of the kidneys are increased, the circulation is accelerated, poisons which may be present in the blood are brought to the lungs and to the kidneys more readily for elimination.

Tonic treatment to improve the general health, such as short cold baths properly regulated by a physician. This will improve the tone of the nervous system and will accomplish much good in a general way.

When headache is a symptom of some particular disease, like neuralgia, hysteria, epilepsy, Bright's disease of the kidneys, diabetes, of course these separate diseases should have proper attention.

Errors of refraction of the eye or any other abnormalities of the eye should be properly corrected by an oculist. The nose and throat should also be examined and treated if necessary. After the patient has been carefully examined for the purpose of finding the cause and where the cause has been removed and treated as far as possible, there are certain things that may be directed to the headache itself as a symptom. Cases of hyperemia of the brain, where the patient has a throbbing, full headache, hot foot-baths, hot leg-baths, hot hip and leg packs, with a large, cold compress to the head continuously, often gives decided relief. On the other hand, a headache associated with anemia of the brain, relief may be some-

times given by having the patient lie in a recumbent position and keep quiet until the condition of the blood may be improved.

The use of an enema to relieve constipation and to stop the absorption of poisons from the intestinal tract often gives most brilliant results in the treatment of headache. Other mild cathartics may also be used. Sometimes washing out the stomach, relieving the stomach of undigested food and the poisons which may be absorbed, often gives relief. Hot applications to the head in the form of fomentations or an alternate application of hot and cold to the head to the seat of the pain is often helpful; also the use of electricity, particularly the galvanic current, applying the positive pole to the head and the negative pole to some indifferent part of the body, such as over the stomach, often gives great relief. This should be given only by a physician. The static breeze to the head also is often used with great benefit in relieving headache. Electricity in all of its forms should always be applied by a physician, never by the patient. Massage to the head often gives relief. A German physician by the name of Edinger thinks that some forms of headache are due to certain nodules which are attached to the tendons of the muscles along the back of the neck at the base of the brain, and according to Edinger, massage to the head and the back part of the neck in these cases gives relief. In my own experience I have not been able to attribute headache to this as a cause, but have often seen great relief following the use of massage to the head when properly given. The manner of giving massage to the head is important. Good results can only be obtained when given by a trained masseur and when properly and skilfully applied.

Headaches due to tumors, abscesses of the brain, meningitis, are caused usually by increased pressure within the cranial cavity. Headaches of this kind are often greatly relieved by using such remedies as will diminish the amount of blood in the brain. Such remedies as the hot foot-bath, the hot hip and leg pack or the warm bath. With these the head should be thoroughly wrapped in a large, cold compress, or the water-cap should be applied to the head so as to reduce the amount of blood present in the brain. Treatments of this kind are often very grateful to the patient who may be suffering with any of these serious diseases.

Certain solutions and liniments are also sometimes applied to the head for the purpose of relieving headache. The most important of these are menthol applied with a menthol pencil or a solution of 20% menthol in water or alcohol. This solution may be rubbed over the head and often gives relief; also chloroform liniment. Of course, these should only be used when prescribed by a physician. There are also certain drugs which are frequently used. The coal-tar products with caffeine constitute the basis for nearly all headache cures. The practice of taking these drugs continuously to relieve headache is a pernicious one and often does much harm and should never be continued for any great length of time, if it is possible to avoid it. Occasionally it may be necessary to take some drug for the purpose of relieving a severe paroxysm of headache, but if the remedies above described are carefully directed by a skilful physician and applied by a trained nurse, the need of headache powders will be very greatly reduced.

"No night so dark but just beyond it lies a dawn,
Nor day so sad and long, but evening comes at last;
However great thy task, O toiler, still hope on—
The waves will bring again the bread upon them cast."

LOW PROTEIN DIET

(Continued from page 1)

had been left outside in a place that was no warmer. This is due to the fact that the oyster not only carries germs in it that are capable of producing putrefaction, but it finds in the intestine swarming billions of these germs ready to seize upon those produced there, putrescible food substances which are capable of putrefaction.

"The change which comes over a man when he shuts off these proteins is wonderful. I met a man this morning, a man whose skin was clear and fair, and he looked so different I hardly knew him. I met this gentleman for the first time about eight weeks ago—had never seen him before, and he was sallow and yellow, and he looked miserable. When I talked with him about his condition he was somewhat depressed, nervous, did not sleep very well; a number of different things were wrong with him, and I said to him, 'Now shut off meat; put yourself on a low protein diet. I live on the low protein diet all the time. I have not eaten meat for more than forty years, and I am cutting off the proteins all the while, do not even eat eggs nor milk. I find I am so much clearer headed, and better off if I bring my protein down to just the lowest limit. I can afford to do it, because I find myself so much better off, and I eat for efficiency. I eat to get the most work out of myself. I do not eat to have a good time. It does not pay to do that, for you do not really have a good time in the end; but eat for efficiency.' I said that to this man, and he replied, 'All right, I will try it.'

"I had not seen him for about eight weeks until I met him the other day, and I was surprised to see the change in him. His skin was clear, and his eyes were bright, and his tongue clean, and he said, 'Doctor, I am one hundred per cent better. I am one hundred per cent better,' and he was the most enthusiastic man I ever met in my life, I think,—that man on low protein.

"About three years ago, at Atlantic City,—while I was there to attend a meeting of the American Medical Association and walking along the board walk with my friend Mr. Horace Fletcher,—we met a gentleman going in the other direction, and he introduced me to him. I found a man about my own size, of good appearance, but certainly very spare; he did not look strong, though his skin was clear. We had a pleasant chat with him. I met this same gentleman in the Hotel Belmont, in the lobby, a few days ago. I was walking across the lobby there and I saw him. I thought I knew him, but was not quite sure. Finally he sat down. I ventured to step up to him, and I said, 'Is this Prof. Chittenden?' 'Yes, and you are Dr. Kellogg,' and I was delighted to meet him, and we had a very pleasant chat. He had improved so much in the three years since I met him that I really hardly knew him. Now, that was a very significant thing to me, and I rejoiced to see it, because Prof. Chittenden is the man who has discovered—the first of all scientific men to discover that it is possible for people to live on a very low protein diet; and he discovered it by the application of the scientific method.

"Becoming interested in the matter through Mr. Horace Fletcher,—he went to Washington to attend a meeting of a scientific body, and there met Mr. Fletcher,—he and Mr. Fletcher interested the United States government in a research to find out about this protein diet, to determine the truth about this large meat diet that soldiers are supposed to require, and if the excessive amount of protein substances generally consumed is really necessary. The United

States government furnished sixteen soldiers with officers to go with them to look after them; Yale university furnished six athletes, and the Yale faculty furnished four professors; and these twenty-six men—sixteen soldiers, six athletes, and four professors—were submitted to a critical test. During nine months their food was all weighed out to them, and it was analyzed; everything they ate was carefully analyzed, and the proportion of the starch and the fat and the protein was carefully noted.

"Prof. Atwater and a number of other great authorities have been telling us for a long time that a man must eat as much as three to six ounces of protein every day. That is the equivalent of the same amount of dried lean meat, perfectly dry, all the water out of it and all the fat out of it; three to six ounces of protein such as the dried white of egg. You can buy eggs of any country butcher, as you know, buy the yolk of the egg and the white of egg separately; so if you weigh out three ounces of white of egg dried, that would be three ounces of protein. All of our food contains more or less protein; there is a little in wheat and barley, some in potatoes; all natural food contains more or less protein. Meat is almost pure protein unless it is fat meat. Prof. Chittenden cut it down a little on this starvation squad, as they were called by the newspapers and the community—they made a great ado about starving the soldiers. He gradually reduced the protein, little by little, to three ounces, then to two ounces, and finally to one ounce,—one ounce a day,—one-sixth part of what they had been using on an average; about one-third of what was supposed to be absolutely necessary. Not only the protein was reduced, but the other food elements very considerably—twenty-five per cent, in fact, in many cases; reduced in some cases to about one-half what the men had been accustomed to eat.

"Did those men become emaciated, feeble, puny, wizened, dissatisfied? Not a bit of it. The result was a remarkable increase in vigor. The soldiers became more alert, active, more courageous. They went into the gymnasium and were able to do feats they could not do before. They more than doubled in strength and endurance. The six athletes, who were in the pink of condition at the start—were 'fit,' as they say—men who had won in various intercollegiate events,—these men doubled in strength. Consider what that means—trained athletes, men that were already exceptionally strong—those men actually doubled in their strength. You will find these facts given in detail in Prof. Chittenden's report; also in his recent work, 'The Nutrition of Man,'—and a wonderfully interesting book it is, too. The professors were invalids; two of them were confirmed invalids, and they both got well. There was Prof. Chittenden, one of the four. He was a member of this experimental squad. I found him when he had been living on this low protein diet about nine months. He had not been well before, and did not look like quite a well man then. But when I met him in the lobby of the Hotel Belmont recently, he was such a fine specimen I really did not recognize him. He looked ten years younger, and he was living on this low protein diet.

"Prof. Chittenden himself said to me, 'There is no doubt about it; the vegetable contains all the protein we need'; and his experiments show that even the potato, which has been supposed to be almost all starch,—even the potato contains all the protein anybody requires. Please remember that important fact. An ordinary Irish potato has in it all the protein needed by any one. You do not have to add beefsteak to it, or eggs, or milk, or anything at all but a little butter fat; that is all the potato needs. Add that to the potato and you get everything

in the world which your body needs. We need a little raw food every day. One would not undertake to live on potatoes, because potatoes must be cooked, and cooked foods are not the most natural to us, do not nourish us quite as perfectly as some portion of raw food. Raw food is man's natural diet; but if you are going to live on raw foods, you would not select potatoes to live on, or raw barley, or anything else of the kind which is not intended to be eaten in a raw state by human beings but must be rendered eatable by the art of cookery. If you are going to live on raw foods the diet must be of fruits and nuts, and unripe grains, grains still in the milk state.

"If the protein is digested at once and absorbed, it is made into the human body, because what we eat today is moving around and talking tomorrow; and if it is beefsteak talking it does not talk just the same as apples and nuts. Apples and nuts talk more softly and intelligently than beefsteak does. You can imagine how pork can talk. It makes a great deal of difference what we eat; there is no question about it—a great difference in the character. Take the boy whose stomach is out of order. Decomposition is taking place there, and he has a terrible headache. Doesn't that influence his character? Doesn't it influence his mind? The baby is cross, peevish when something is wrong with its stomach. The poisons absorbed are irritating its brain, and the child is in the same condition as if he had been administered a dose of poison. Think of the average man whose colon is a continual receptacle for millions of germs producing poisons which are being absorbed. Prof. Roger has shown that there are 161 different varieties of germs that grow in the colon, and half of them produce poisons. These poisons being absorbed into the body influence the brain and nerves; and they must certainly have an influence upon character."

BAZAAR OF NATIONS

Eight Countries to Be Exploited in Unique Entertainment to Be Held in the Gymnasium

TO RAISE FUNDS FOR MUSEUM

A COMMITTEE has been appointed and plans are well under way for a unique Bazaar of Nations to be held in the Gymnasium on February twenty-third. The affair is designed to be educational and the funds obtained will go toward the establishment of a Missionary museum to be installed in the Fifth Floor parlor. Already a substantial nucleus has been contributed by Dr. Kellogg and others of the staff, while many of the visiting missionaries have signified their intention of adding to the collection.

The tentative plans for the entertainment include a continuous stereopticon entertainment during the afternoon and evening, with orchestral music by the Sanitarium orchestra and booths representing the following countries: Japan, China, Africa, India, Turkey, Mexico, South Sea Islands and the American Indian. The booths will be arranged about the room and will be filled with curios depicting the customs and costumes of the several countries represented, and light refreshments characteristic of the countries will be served. So far as possible the booths will be presided over by natives, drawing from the large foreign-born members of the Sanitarium family and the visiting missionaries.

THE BATTLE CREEK IDEA

PUBLISHED WEEKLY AT
BATTLE CREEK, MICH.

SUBSCRIPTION RATES

One Year	\$1.00
Six Months50
Three Months25
Per Copy02

VOL. II FEBRUARY 11, 1909 No. 10

TO PROLONG SPAN OF LIFE

PROF. IRVING FISHER of the chair of political economy at Yale University, president of the Committee of One Hundred, a society formed for the protection of the national health, spoke recently before the meeting of the Association of Life Insurance Presidents, advocating hygienic reforms, by the means of which the span of human life would be increased over one-third, or fifteen years.

While the insurance men were unanimous, Mr. Fisher said, in believing that it would pay life insurance companies to engage in the saving of lives, yet nothing had ever been attempted toward this end—a fact for which he advanced three explanations: First, the continuance of the tradition that human mortality followed a nearly invariable law. Second, the knowledge that human life is greatly extensible through public and private hygiene was possessed by few, and third, it seemed too large a task for any one company to prolong the life of the whole country.

"A fall of the death rate promptly follows sanitation," said Prof. Fisher. "Col. Gorgas cut the death rate in Havana in two. The New York death rate responded at once to Col. Waring's clean streets, and that of Rochester to Dr. Goler's milk crusade. And now it is announced that the death rate of New York is 16.5, the lowest on record—a result, in all human probability, due to the hygienic work of Dr. Darlington, Nathan Straus, and the public agitation for health prosecuted by the New York papers, allied with the health work of the Committee of One Hundred and the Tuberculosis Association.

"Tuberculosis is known to be preventable. In my table it is entered as 75 per cent preventable; pneumonia as 45 per cent preventable; typhoid as 85 per cent; diphtheria, 70 per cent.

"Even on these safe premises of partial postponability of deaths we find that about two years of the possible lengthening of human life would be due to the elimination of preventable tuberculosis, six-tenths of a year to the elimination of preventable typhoid, five-tenths to the elimination of preventable diphtheria, nine-tenths to the elimination of preventable accidents. It is estimated that at least eight years could be added to human life by securing reasonably pure air, water, and milk.

"According to the plans I have in mind the money which the life insurance companies would

invest in life saving would not be in hospitals or sanatoria, but in the education of the public, and especially their policy holders, in health matters, and the joining in every legitimate way to improve the public health offices and services in the municipalities, states, and the federal government.

"Just as fire insurance companies endeavor to secure in municipalities adequate fire protection, so life insurance companies might properly endeavor to secure adequate municipal health protection, and they might likewise bring their influence to bear to secure the passage of model health laws by our states in respect to slaughter houses, pure food, and other health reforms. It is agreed by all competent judges that there is now a great and needless waste of human life, and it is obvious that the financial weight of this waste falls largely on the policy-holders."

The scheme as outlined by Prof. Fisher is one that is worthy of his broad grasp on the health situation and one which conforms to the principles upheld by this institution. Health education is the only means by which the reform may be brought about and the nation saved from race degeneracy. The swift pace at which the people of this country are now living—the great nervous tension under which the business world moves is as great a menace as that of the congested district where sunshine, fresh air and pure food are strangers. The human race must know what the body requires—must study its own marvelous mechanism and then give it at least as much consideration as it is wont to expend upon its imported touring car. The adoption of Prof. Fisher's suggestions by the insurance world would undoubtedly bring about a marked reform in hygienic conditions about the country, and if, as Prof. Fisher suggests, the work is carried on under the direction of the Committee of One Hundred, which includes in its membership many of the best known scientists and economists of the country, it is certain to be conducted in a broad, sane and thoroughly practical manner.

IMPORTANCE OF OXYGEN

It is of the utmost importance that human beings have an abundance of oxygen at all times. This means day and night, summer and winter. It is scarcely necessary to give this sort of advice for the summer season; but when the weather gets cold many people are afraid of cold air and others think it is a waste of fuel to heat fresh, cold air, so they keep it out.

This is poor economy, to say the least. In fact, it costs more, as a rule; that is, if you figure your health and earning capacity as having any monetary value.—*Chicago Tribune*.

THE MEDICAL MISSIONARY

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Offers exceptional advantages to young men and young women who desire to fit themselves for the work of a trained nurse.

Besides the regular hospital training, thorough training is given in Hydrotherapy, Massage, Manual Swedish Movements and all physiologic methods peculiar to the Sanitarium, and is each a training in itself and found almost exclusively in our work.

Classes are organized April 1 and October 1. Applications are received whenever vacancies occur.

For further information or particulars regarding the school, address the

Battle Creek Sanitarium & Hospital Training School

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THE TEST AND RESULT OF DISCIPLESHIP

Pastor J. A. Brunson Speaks on This
Theme before Sanitarium Guests
Sunday Night

MR. BUTLER PLEASES WITH SONGS

PASTOR J. A. BRUNSON spoke before a large congregation of Sanitarium guests and employees Sunday night on the "Test and the Result of Discipleship." He said in part:

"The supreme test of discipleship is unswerving fidelity to the Word or message of Christ. Christ's message was one of truth, the ultimate design of which is to bring man into harmony with God. And when harmony with God is well established, devotion to truth follows. The evidence of being a Christian is not devotion to a church, nor to a creed, nor to a cult, nor to any *ism* or *ology*. A churchman is no broader than his church; a creedman is no broader than his creed; a cult-devotee is no broader than his cult; an ologist is no broader than his *ology*; but the Christian is, or ought to be, as broad as truth. Creed limitations and theological definitions have done much to contract and dwarf man both mentally and spiritually. The Christian's crucial question should not be, Is it orthodox? but, Is it true? The love of truth is the predominant characteristic of one who truly loves Christ and is loyal to his word.

"Christ in delivering his message emphasized and elucidated three points:

"1. The goodness of God, his hatred of sin and his willingness to forgive the sinner.

"2. The sinfulness of man and his consequent alienation from God. Man is lost and needs salvation. He is compared to a wayward and wandering sheep which needs to be sought for by the tender Shepherd.

"3. The Messiahship of Jesus and his work as mediator between God and man.

"These are the three main points of Christ's message, devotion to which constitutes the real test of discipleship.

"The result of discipleship is freedom through truth. This suggests bondage through error. All error is not sin, but all error is misleading, and all that is misleading tends to sin, and sin leads to bondage. Sin's bondage is made possible and is perpetuated only through error, and the antidote for error is truth. Error is darkness, truth is light. The way to dissipate darkness is by letting in light; the way to dispel error is by giving truth.

"We boast of our freedom, but our boast is vain. There are few free men. We are in bondage to custom, habit, fashion and religious opinion, and foolish fashion and false religious opinions are perhaps the most exacting masters in the world. True freedom is of the soul, not of the body. It is spiritual, not physical. Bunyan in Bedford jail was free, but the tyrant who imprisoned him was a slave. The one was the freedman of truth, the other the prisoner of error. Christ says, 'Ye shall know the truth, and the truth shall make you free.'

"The knowledge of truth is the result of a process. We are continually learning. Each truth received is an aid to the reception of some truth unknown. Truth sharpens the intellect, expands the soul, broadens the sympathies. The effect of error is the opposite. Every man is as broad as the truth that is his own, and no broader."

ENTERTAINMENT SCHEDULE

MONTAVILLE FLOWERS entertained a large audience in the Gymnasium Tuesday night with a rendition of Dickens' "Christmas Carol." Mr. Flowers is a skilful impersonator and a discriminating reader and his work was well appreciated by the audience. Friday night Lincoln's centenary will be celebrated by an evening of speeches and patriotic music. The speakers for the evening will be: Atty. H. F. Jacobs, Rev. Geo. Buckley and A. T. Jones. Saturday night Prof. W. G. Coburn will give an illustrated lecture on "The Yellowstone Park." Next Tuesday night Robert Parker Miles, the well-known Chautauqua lecturer, will give his famous lecture "Tallow Dips" in the Sanitarium Gymnasium for the pleasure of the guests. On the following Saturday night Mrs. Charlotte B. Ewing, a capable reader of Grand Rapids, Mich., will give an evening of miscellaneous readings.

Fruit Punch

2-3 cup of sugar, 2 cups of water.

Stir until dissolved.

Add juice of two lemons and one orange.

½ cup red fruit juice

¼ cup diced oranges or pineapple

¼ cup whole red fruit

Chill and serve as a first course.

MOBILE, ALA., or PENSACOLA, FLA., and Return, - \$29.65
NEW ORLEANS, LA., and Return, - - - \$30.95

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Tickets on sale February 16th to 21st, inclusive. Return trip must begin not later than March 1st, but by paying one dollar at destination return limit may be extended to March 13th. Liberal stopovers allowed. Kindly ask for particulars.

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THE HYGIENE OF INFANCY

The Fourth Course in the Battle Creek
University of Health Is Replete
with Practical Information

SIX LESSONS IN COURSE

MORE than half the total number of deaths in the average community are those of children under seven years of age. This appalling loss of life is due almost entirely to the parents' ignorance of hygienic laws. In most cases, disease and death can be prevented, annoying ailments quickly cured, doctor's bills saved, and the strain upon the mother enormously lightened, by the simple application of a little health knowledge.

The Battle Creek University of Health has undertaken to spread this much-needed health knowledge as widely as possible through its Correspondence Course on "The Hygiene of Infancy," the fourth in its series. No institution could be engaged in a more commendable line of endeavor than this, which means so much for the health and strength of the present generation and the vital stamina and efficiency of the next.

Having undertaken the task of educating the public in matters of health, the Correspondence School of the Health University is certainly carrying out its program in a most admirable manner. The error of speaking over the head of the average reader is entirely avoided without any sacrifice of scientific accuracy or practical usefulness. Technical terms that must be used are fully explained, many diagrams and photographic illustrations are given, and thus every intelligent person is enabled to secure a clear and vivid understanding of the essential facts. And with the vast experience and authority of the Battle Creek Sanitarium behind every statement, the student has the satisfaction of knowing that what he learns can be applied to his daily living with every assurance of safety and maximum benefit.

The course on the "Hygiene of Infancy" was prepared and written by celebrated specialists who have had a wide range of experience in the care of children, both in health and in disease. The information given in the course will readily enable the mother or care-taker to solve practically every problem that may come up in dealing with children.

The course consists of six lessons, which are sent to the student wherever he or she may be. They may be studied at home, in spare moments, at the convenience of the student. The subjects of the lessons are as follows:—

Lesson I—Mother and Babe (rules for the prospective mother, etc.); II—Feeding the Baby; III—When the Baby is Sick; IV—

Baby's Clothing; V—Exercise and Fresh Air; VI—Rest and Comfort (the nursery, how to prevent nervousness, etc.).

Those who wish to learn more about this or the remainder of the courses now ready should address The Battle Creek University of Health, Battle Creek, Mich. Special advantages, including consultation privileges, low tuition fees, etc., are offered to those who enroll promptly.

WHAT DOES IT MEAN?

It does not matter what it means, poor heart. The dear Lord knows; to bear it is your part; Nor think some strange thing happens unto you, Which he would not allow so, if he knew. He does know. In his all-wise Fatherhood He knows it and allows it for your good. He is not hard, you do not think he is. When in the dark you find your hand in his. When it was light you tried to walk alone, And thought the strength he gave you, all your own.

You did not ask what that last blessing meant, Just smiled and took it, satisfied, content. You did not think it strange, you thought he knew, And planned the sweet surprise that came to you.

Tried one, then do you take life's sweet and good, Yet can not trust that Fatherhood, But think it makes mistake when'er it sends Some hindrance, which your eager haste offends! Or when it lets the wicked plot you harm, And stir a whirlwinds when you seek a calm; You think it strange, this trial swift and keen, And in your weakness ask, "What does it mean?"

I think the language of God's heart would read: "I love my child, I note his slightest need; I long to prosper him in all his ways, To give him quiet nights and peaceful days; But if I do, he'll loose himself from Me, My outstretched hand he will not wait to see; I'll place a hindering wall before his feet, There he will wait, and there we two will meet, I want him nearer, and I can not wait Or wilful disobedience, but because I want him nearer, and I cannot wait For him to come, for he might wander late; My child will wonder, will not understand, Still, half in doubt, he'll clasp my outstretched hand, But when at last upon my heart he leans, He will have ceased to wonder what it means."

—Anon.

THE alternate application of hot and cold compresses is an effective means of relieving pain with internal congestion. The application is made over the painful part, and affords relief by diverting the blood to the surface.

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PERSONALS

Mrs. Phoebe Innis of Chicago is a patient here.

Mr. Fred Halbert of Greeley, Ia., is a patient here.

Miss F. A. Stewart of Toronto, Ont., is a patient here.

Mr. J. J. Mergens of Deep Haven, Mich., is a guest here.

Mr. H. S. Bardwell of Chicago, Ill., is resting at the Sanitarium.

Mrs. J. M. Ealey of Cairo, Mich., is a patient at the institution.

Mr. H. S. Smith of Springfield, Ill., is one of the week's arrivals.

Mr. J. F. Morrison of New York city is resting at the Sanitarium.

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Repairing of All Kinds Neatly and Promptly Done

217 MAIN STREET WEST, - Opposite McCamly Park

Mrs. D. H. Quigg of Owensboro, Ky., is a newly arrived patient.

Miss Huntington of Jackson, Mich., was the guest of Miss Knowles over Sunday.

Mr. C. D. Lisle of Milwaukee, Wis., is a patient at the institution.

Miss Alice M. Ingham of Columbus, O., is a recently arrived patient.

Mr. James Van Buren, Jr., of Kansas City is a recently arrived patient.

Mr. and Mrs. J. A. Gheen of Indianapolis are guests at the institution.

Mr. and Mrs. B. G. Tremaine have returned to their home in Cleveland, O.

Dr. Maita P. Kemp of Detroit spent Sunday with her mother, who is a patient here.

Mrs. William Long of Kansas City, Mo., has returned to the Sanitarium for rest and treatment.

Mrs. A. B. Holbrook of Greeley, Ia., and son Fred Holbrook are recent western arrivals.

Mrs. W. Hines of St. Louis, who visited here in the fall, has returned for further treatment.

Mr. and Mrs. C. A. Christopherson of Knierin, Ia., have returned to the Sanitarium for treatments.

Mr. J. P. Hemmeter, a frequent patron of the Sanitarium, came over from Detroit this week for a short stay.

Mr. F. S. Terry has returned to the Sanitarium from New York and will remain for a week or so resting.

Mr. L. V. D. Perret of St. Louis arrived at the Sanitarium this week and will remain for rest and treatments.

Mrs. W. B. La Force of Keokuk, Ia., arrived on Monday to visit her husband, Dr. La Force, who is a patient here.

Miss I. Bolander of Chicago returned this week to the institution to pay a visit to her father, a patient here.

Mrs. Mary Beeson of Milton, Ind., who was a patient here last fall, has returned for further rest and treatment.

Mrs. M. S. Pugh, a frequent patient at the Sanitarium, whose home is in Kansas City, has returned here for a few weeks' stay.

THE VENUS DE MILO DIDN'T HAVE NERVOUS PROSTRATION

and you yourself will go a long way toward avoiding "nerves" and a host of other troubles which modern woman has brought upon herself if you will release yourself from the clamp-like grip of the corset.



THE VENUS DE MILO
A Perfect Figure

NOW IS YOUR OPPORTUNITY

Good Health Waists at 50 cents

The regular price of these waists is **\$1.25 to \$2.25** (according to size and material), but we have an accumulation of odd lots, some slightly shop-worn, and various styles and materials, but all having the famous hygienic features which have made the **GOOD HEALTH WAIST** a necessity for rational living among a host of progressive women. Protects and preserves the natural lines of the figure without compressing or displacing the internal organs. No steels or stays.

The lots we are offering are not complete assortments of materials, but we have the following sizes: 30, 32, 34, 36, 38, 40, 42 (bust measure, and we can furnish your size if you

SEND IN YOUR ORDER AT ONCE

This offer is good only until these odds and ends are disposed of, and we

cannot accept the return of goods.

THE GOOD HEALTH CO., Battle Creek, Michigan

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Battle Creek, Michigan.

Gentlemen: For enclosed \$..... please send me Good Health Waist (Bust size.....) as per your offer above.

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A condition which greatly increases the dangers and the fatality of this disease.

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BATTLE CREEK, MICHIGAN

Col. C. B. Stephenson has returned from South Bend, Ind., for treatment.

Mr. H. A. Haendle of Detroit, Mich., is sojourning at the Sanitarium this week.

Mr. and Mrs. W. F. O'Neill and daughter Miss Clara O'Neill of Graceville, Minn., are guests at the Sanitarium.

Mr. Frank E. Witte, who has been a patient at the Sanitarium for the past three months, returned the last of the week to his home in Ottawa, Ill.

Mr. and Mrs. C. G. Wilcox of De Pere, Wis., who have been here for several weeks, expect to leave for California next week for the remainder of the winter.

Mr. H. B. Haxton of London, Eng., who visited here some weeks ago, has returned from New York and will make a prolonged stay in order to restore his health.

Mr. Alexander Reid of Appleton, who has been a patient here for some weeks, is expecting his brother, Mr. Thos. Reid of Appleton, and Dr. W. A. Gordon, superintendent of the Northern Wisconsin Hospital for the Insane, of Oshkosh, to spend Sunday with him.

News Notes

HARRY V. JACQUES of Alfred, N. Y., has joined the Men Nurses' department.

MISS ARTHUR entertained a party of friends at dinner at the Sanitarium on Sunday.

FRESHMEN students of the A. M. M. C. left on Monday for Chicago for six weeks' work. They were accompanied by Dr. Harris and Drs. Heinemann.

MRS. DEWING came down from her home in Minnesota this week to pay a visit to her daughter, Miss Dewing of the Nurses' department, who has been ill for some weeks.

THE Literary society will have a patriotic evening next Monday night celebrating the birthdays of Washington and Lincoln jointly. There will be patriotic songs and recitations and six short patriotic addresses. Among the speakers will be Chaplain McCoy and Pastor Brunson.

As we go to press arrangements are being made for an entertainment for the benefit of the Haskell Home. Children of the home will tell of their experiences in escaping from the fire, and Dr. Kellogg will give a history of the institution illustrated with the stereopticon. The Sanitarium orchestra will furnish music. There will be no admission ree charged but the audience will have the opportunity to contribute to the fund during the evening.

THE next regular meeting of the Sanitarium W. C. T. U. will be held at the home of Mrs. H. S. Allen, 21 University avenue, Tuesday, Feb. 16, at 7:30. An unusually interesting program has been prepared and a large attendance is desired.

ARRIVALS

THE list of arrivals at the Sanitarium for the week ending Feb. 8 is as follows: M. Frank, N. Y.; Alice M. Ingham, Ohio; M. N. Bedford, Mich.; H. F. Wilson, Mich.; F. B. Terry, N. Y.; N. W. Lurst, Ohio; C. Buhner, Ohio; W. H. Demont, Ohio; O. A. Burger, Ore.; Mrs. M. S. Rugh, Mo.; T. B. Thompson, Minn.; A. Doherty, Ill.; O. W. Higgins, Minn.; B. W. Henke, Ill.; H. H. Shriver, Mich.; Mrs. Wm. R. Johnson, Mich.; A. J. Steele and wife, Mich.; Lui Rassi, Ind.; Pliny R. Hubbard, Mich.; C. B. Stephenson, Ind.; E. J. Roche, Ind.; Mrs. F. S. Seidler, Mich.; D. H. Quigg and wife; C. H. Murphy, M. D., Mich.; Donald G. Fraser and son, Ill.; Th. and V. Aagaard, Denmark; Otto Price, Ill.; A. W. Blanchard, Ill.; Miss F. A. Stewart, Ontario; Mr. and Mrs. Fred Butler, N. Y.; Mrs. D. A. MacDonald, Mich.; Moses Bijur, N. Y.; J. E. Colleran, Ill.; Mrs. A. B. Holbert, Ia.; Fred B. Holbert, Ia.; Mr. and Mrs. Gheen, Ind.; J. A. Van Buren, Jr., Mo.; L. W. von White, N. Y.; Mrs. George Vaumergert, Ind.; Harry V. Jacques, N. Y.; Mrs. J. M. Ealy, Mich.; W. C. Kellogg, Mich.; Mrs. W. L. Bryan, Mich.; C. C. G. Lowe, Ind.; George L. Morrison, N. J.; Mrs. Dewing; Mr. and Mrs. W. F. O'Neill and daughter, Minn.; H. M. Silver, O.; Mrs. William Long, Mo.; Porter H. Dale, Vt.; L. A. Cobb, Vt.; E. A. Fox, Mich.; Mrs. I. G. Smith, Mass.; John Sprung, O.; Arthur Jordan, Ind.; Miss I. Bolander, Ill.; A. V. Hageman, O.; Elizabeth L. Huntington, Mich.; J. C. Thompson, Mich.; M. Akran, N. D.; E. C. Nichols, city; A. Pillsbury, Wis.; Mrs. W. H. Hines, Ill.; E. G. Rhodes, Ill.; F. C. Fox, Kan.; Mrs. R. B. Buonboff, Ill.; J. L. Allen, O.; John P. Hemmeyer, Mich.; D. McLean, Ont.; Miss F. A. McLean, Ont.; Miss M. Hartley, Ill.; H. E. Saier, Pa.; V. P. Pierce, Mich.; Mrs. Myra Lee, Mich.; Mabala Wagner, Ind.; Charles A. Baker, Mich.; S. F. Hartley, Ill.; P. R. Walker, Ill.; H. Haendle, Mich.; Mrs. M. Beeson, Ind.; M. D. Cannon and wife, Ia.; John J. Ryan, O.; F. J. Seidler; Mr. and Mrs. S. B. Monroe, Mich.; M. P. Kemp, Mich.; W. L. Palmer and sister, Mich.; H. R. Hexton, London, England; A. D. Webb and wife, city; George Keble, N. Y.; L. V. D. Peret, Mo.; W. W. Farr, Ill.; C. A. George, Wis.; Mrs. A. Christopherson, C. A. Christopherson, Ia.; J. J. Mergins, Minn.; Phoebe Innis, Ill.; Ethel Stone, city; R. H. Whitmore, Pa.; Frank Beebe, Mass.; Rev. W. G. Daire, Mich.; George W. Higgins, Minn.; C. D. Lisle, Wis.; H. T. Bardwell, Ill.; Joseph Roach, N. D.; H. L. Smith, Ill.; Mrs. W. B. La Force,

Ia.; C. G. and F. A. Langdon, Ill.; Mrs. N. L. Packard, Minn.; Mrs. Lena Blough, Ind.; S. S. McClure, N. Y.; R. A. Perkins, Ill.; Claire Smith and wife, O.; A. E. Pitts and wife, O.; Mrs. LaFayette Smith, Ill.; Mrs. F. Brody, Ia.; Bart Baldwin; Mrs. H. G. Hauck, Ill.

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See our up-to-date line of—

HAND COLORED VALENTINES
from 25c to \$3.50

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not the vulgar kind.

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THE BATTLE CREEK IDEA

VOL. II, No. 11.

BATTLE CREEK, MICH., FEBRUARY 18, 1909.

PRICE, 2 CENTS.

WELL-KNOWN EDITOR AND JOURNALIST VISITS HERE

Miss Ida M. Tarbell Stops off En Route East After Addressing University Students

A LOVER OF SIMPLE LIFE

MISS IDA M. TARBELL, foremost woman journalist in this country, associate editor of *The American Magazine*, and famous through her biography of Lincoln and *The History of the Standard Oil Company*, spent Sunday and Monday at the Sanitarium, taking a brief rest before returning to her editorial duties in New York. She came west to address the students of the University of Michigan on the occasion of the Lincoln Centenary.



On Monday she was shown about the institution, the college, the laboratories and the publishing houses and was guest of honor at a dinner given by Dr. J. H. Kellogg. The guests, about thirty-five in number, represented the medical staff and college faculty. The dinner was given in the south dining-room and the long table was decorated with lilies and spring flowers.

"While I have been acquainted with the Battle Creek idea through its reputation, for a great many years," said Miss Tarbell, "this is my first opportunity to view it at close range, and I confess the view has succeeded in implanting a desire to see more of it and I trust that I may come back again. The principles espoused here are certainly right and the world is coming to recognize them more and more."

Miss Tarbell has long been an advocate of simplicity in diet and for twenty years has followed the custom of eating but two meals a day. Quiet and simple in all her tastes, this woman who has made strong men writhe under the vitriolic emanations from her busy pen, and who is an indefatigable worker when at her desk, knows also the delights of the simple life, for but an hour and a quarter's ride from the great city where she does her work is a snug little house in the midst of forty well-wooded acres, which she seeks at the close of the day. Here she gardens and gathers renewed strength for her daily work.

"It is not a country 'place,'" she asserts with some vehemence; "I have a horror of 'places.' They are generally but an additional care to their owners—mine is just my little house." The tone of affection with which she named it proved to her hearer that it was indeed a home and not a place; a joy, not a care.

Miss Tarbell left early Tuesday morning to visit her mother in Titusville, Pa., whence she will return to New York.

ANTI-TUBERCULOSIS ASSOCIATION BANQUETED

One Hundred and Fifty Members Are Guests of Sanitarium Management

NEW OFFICERS ELECTED

One hundred and fifty members of the local Anti-Tuberculosis Association were tendered a banquet at the Sanitarium Tuesday evening. The banquet was served in the South banqueting room and the tables were handsomely decorated with spring flowers and fruits. Following the banquet, officers for the year were elected and informal speeches made by City Attorney Decker, Dr. Thomas Zelinaky, health officer; Drs. Kimball, Kellogg, Morse, Read, Stewart, Charles Wheelock, Mrs. George B. Willard, president of the Woman's League, Miss Cox, of the Woman's Club and Mrs. I. L. Stone.

The following officers were elected for the ensuing year: president, C. M. Ranger; vice-president, John I. Gibson; secretary, Dr. C. E. Stewart; treasurer, Charles H. Wheelock.

(Continued on page 3)

Combinations of Foodstuffs

Dr. J. H. Kellogg in Sanitarium Lecture Tells Why These Cause Indigestion and Fermentation

THOROUGH MASTICATION URGED

"THE most important matter with regard to carbonaceous foods is to reduce them all to a liquid state. If one will take the pains to chew the food until it is reduced to a liquid state in the mouth, everything will combine. People have a great deal of unnecessary distress about combinations of foods. You can solve the whole problem by bringing the foodstuffs into solution in the mouth, and rejecting the woody matter. The reason why coarse vegetables are difficult of digestion when taken with fruits is this: The coarse vegetables not being properly masticated and having a great amount of indigestible woody stuff connected with them, remain a long time in the stomach. Fruits undergo fermentation very quickly. Fruits contain a great deal of sugar. Sugar ferments very quickly. Fruits require very little digestion in the stomach; they are already digested by the sun. All that needs to be done is to reduce them to a soluble form in the mouth. Fruit-juice—for example, grape-juice—requires no digestion. It is food, ready for immediate

(Continued on Page 2)

SANITARIUM OBSERVES LINCOLN CENTENARY

Notable Guests and Able Addresses Assist in Making Memorable the Three Days' Celebration

EMBODIED ETERNAL PRINCIPLE

THE Lincoln Centenary was observed for three days at the Sanitarium, the most pretentious celebration taking place on Friday night when a large audience of Sanitarium guests and employees gathered in the grand parlor and listened to a program of addresses upon the life and example of the great Liberator. The speakers of the evening were the Rev. George Buckley, Attorney Henry F. Jacobs and John A. Brunson. Judge Hardwick of Erie, Pa., a patient, also spoke, informally, recalling a memorable view he had had of Mr. Lincoln in 1861 when he was on his way to Washington after his election.

Pastor Brunson, a South Carolinian, whose breadth of sympathy prevents his taking a prejudiced view of the martyred president,

(Continued on page 3)

NAVAL ACADEMY TRAINER INSPECTS EQUIPMENT HERE

Dr. W. Neil McDonald of Annapolis on Tour of Investigation in Interest of Naval School

TELLS OF PHYSICAL TRAINING

DR. W. NEIL McDONALD, medical trainer at the Annapolis Naval Academy, visited the Sanitarium this week on his tour of investigation of several of the leading sanitariums and hospitals of the country in an attempt to discover new ideas which might be put to use in the training of our future naval officers.

He made a complete survey of the institution, inspecting the scientifically equipped kitchen on the sixth floor and on down to the Swedish mechanical rooms in the basement. The several machines in the latter department impressed him very favorably. Many of them were invented by Dr. Kellogg, and the department itself, with its vibrating couches and chairs and other machines for mechanical vibrosage and cell stimulation, is unique. The Kellogg Universal Dynamometer—the strength-testing machine—has already been installed at the Annapolis academy, and during his visit here Dr. McDonald ordered another. The electric light baths he also regarded as an improvement over the steam room at present used at Annapolis, and the trunk machines in the gymnasium he pronounced very practical.

The young men under his jurisdiction spend their entire first year in physical training and all the late inventions for perfecting that training are investigated by Uncle Sam, who desires to give his men the best the world has to offer. "Our boys come to us at the age of 17," said Dr. McDonald, "and are all put through the same routine of training, no matter what they may have had before. In six months' time, the regularity of their habits: the systematic physical training, regular meals, retiring hours, etc., have changed and developed them until many of them are barely recognizable by old friends. I am very much impressed with the equipment of this Sanitarium and shall take away with me many valuable suggestions."

COMBINATIONS OF FOODSTUFFS

(Continued from page 1)

assimilation, to be absorbed at once and utilized immediately. That is why fruits are so refreshing, and that is why a tired person feels refreshed when he takes a glass of lemonade, an orange or other fresh fruit.

"It is highly important, therefore, in taking fruit to avoid taking with it anything that requires a longer stay in the stomach, because if the fruit stays in the stomach a long time it will undergo fermentation. If the vegetables are taken with fruits, the vegetables stay a long time and keep some of the fruit along with them there; and the fruit not being absorbed, must ferment. Perhaps some of you do not know about the modern discovery in relation to the stomach. The stomach is not an absorbing organ. When food is taken into the stomach, it is never absorbed from the stomach. If the lower portion of the stomach were closed up, the person would starve to death as certainly as though he had no stomach at all, as certainly as though he took no food at all. Food must pass from the stomach before absorption takes place.

"When we take X-ray pictures of the stomach, we find it in practically a perpendicular position. The pylorus acts as a gate-keeper, opening and shutting the gate, and so keeping the foodstuff in the stomach. The pyloric valve is the piston, we might say, of the stomach. Food is swallowed into the stomach, and undergoes digestion on the outside. The gastric juice acting upon the outside is continually dissolving the foodstuff, while the saliva acts upon the inside, and the soluble portion passes out; here it comes in contact with the gastric juice, and that completes the breaking down of the food. For instance, here is a piece of bread. This bread is made up of two things—starch and gluten. The starch is digested by the saliva, the gluten is digested by the gastric juice; so those two fluids reduce the food to a liquid state. The saliva digests the starch, and the gastric juice digests the gluten, and when that is done it falls apart.

"A portion of bread, or a starch granule, has running through it fine strings,—a lacework of gluten; and between these strings or fibers are the particles of starch. Together these make up a solid mass of bread. The saliva dissolves the starch so that the starch disappears, leaving a framework of gluten, and the gastric juice dissolves the gluten. When both starch and gluten have thus been dissolved, we have a liquid.

"That is what is going on here in the mass that is in the stomach. The liquid portion trickles down into the pyloric portion of the stomach, then this valve closes, so that it is shut off from the rest of the stomach, then contracts like the bulb of a syringe, and forces the food out. That is the process by which the food is passed on to the intestine where it is

absorbed. No absorption takes place in the stomach, or very little, at any rate.

"But you drink water sometimes, and you can feel the water splashing all about in the stomach. If your stomach is tired so that the walls do not contract upon the water, there is water there, and the water splashes about, perhaps, for several hours; the water will sometimes remain in a slow stomach for many hours. Sometimes people get dilated stomachs, get pouches in their stomachs. Then when such a person drinks water, he gets no relief from thirst until the pouch fills up. By and by, when the water runs over and begins to pass on, the thirst will be relieved. That is why occasionally one has to drink three or four or five glasses of water before there is any relief at all from thirst.

"It is clear, then, that if you take into the stomach two foodstuffs which require different lengths of time for digestion—vegetables which require a long time for digestion, and fruits which are already digested—the fruit digests quickly and then ferments quickly, so there is likely to be mischief. But if we reduce the vegetables and fruit both to a liquid state in the mouth, it will only stay an hour or two in the stomach; it will pass on quickly into this pyloric portion and pass out, and it will be absorbed before fermentation can take place. A solution for nearly all stomach troubles is to be found in thorough mastication of food, so-called 'fletcherizing.' Mr. Horace Fletcher has made some interesting observations upon this matter of chewing. He devoted several years to the study of mastication. He was excessively fat, and the excessive fatness disappeared. He was weak, very weak, physically and muscularly, and he became strong and vigorous, so that he is now in perfect health. He liked to smoke, and the appetite for cigars disappeared. And he liked champagne, and the appetite for champagne disappeared. There was such a revolution in Mr. Horace Fletcher as the result of his mastication that he is thoroughly persuaded that the only thing necessary to revolutionize society, to eliminate the slum, in fact, to bring the whole world into a state of peace and harmony and righteousness, is to chew.

"It is certainly true that this thorough mastication of food makes a wonderful revolution in one's physical condition. If you have a coated tongue, it will clean it off, in two ways. First, the thorough mastication of food will mechanically remove the coat from the tongue; and second, the mastication of the food cuts the food up in the mouth and mixes with it a large amount of oxygen. That oxygen is necessary to aid in the digestive process; but it is still more necessary to feed and to encourage the growth of the friendly germs which have been beneficently created, apparently to drive out the unfriendly organisms, the anaerobes, the poison-forming germs which grow in the intestine. A man came into my office to see me today, and he said, 'Doctor, I am suffering from auto-intoxication as almost everybody is.' This gentleman was not a patient, but he had just arrived, and he was an intelligent man who had been reading, and he said, 'You see I am suffering from intestinal auto-intoxication, as almost everybody is, and I have been suffering from it for years.' It is this intestinal auto-intoxication which makes the bad breath, makes the coated tongue, the dingy complexion, most of the headaches, nearly all the neurasthenias, and most cases of Bright's disease. It is this that makes nearly all the dropsies that come from a cirrhotic liver; that makes the arteries get old and hard too early, ending in paralysis or apoplexy. It produces such marvelous mischief that it is the cause of nearly all chronic disease.

"And what does it mean?—simply poisoning;

intestinal auto-intoxication is simply poisoning from decaying substances,—poisonous substances that are formed in the intestine and absorbed into the blood. Here is a man that has a putrid breath. It is not because he has decayed teeth. That will aggravate it somewhat, but that is not the real cause. He may cleanse his teeth, scrape them as much as he likes, he will still have that bad breath. Investigate the cause, and you will find that it is in the colon. Putrefactive poisons are produced in that colon and absorbed into the blood, simply coming out through the breath. Thorough mastication helps to correct this by reducing the food, grinding the food up. So if one eats and his food is digested quickly and is absorbed quickly, it has not the time to putrefy.

"Suppose you should take a piece of meat and put it in your pocket. In forty-eight hours it would be in a horrible state, wouldn't it? Suppose you had this piece of dead meat in your mouth,—the result would be the same. When a patient has had an operation performed in the mouth, we always have a bad odor from that mouth, because there is a raw surface, and there are little edges along that raw surface, of decaying flesh, and it makes the odor of putrescence. We always have an unpleasant time when we have to do an operation on the mouth, and dislike to do it on that account. We cannot prevent it, because the mouth contains germs and when we breathe we are always taking in germs of putrefaction.

"Now suppose we take meat down into a healthy stomach; it is putrid meat, the sort of meat you always get at the butcher's; it is all putrid. You cannot find meat at the butcher's that is not more or less putrid. Nobody ever thinks of putting meat up for sale the same day it is killed. He waits a little while. In twenty-four hours, that meat is swarming full of germs; even if it is put into the ice-box, it is full of germs within two or three days. When meat is kept on ice, it does not fall to pieces so soon, but it undergoes slow decomposition. Germs grow at a temperature considerably below the temperature of freezing. The meat must be frozen solid in order to prevent this active decomposition taking place. If you put it into an ordinary ice-box, decomposition goes on, and within three days of the time the animal dies, its body is swarming full of germs, the same kind of germs that are found in the intestine. Accordingly, if a person eats a piece of meat and digests half of it, and the other half remains in the colon for hours and hours, perhaps for twenty-four hours, you can easily understand what happens to it. It must undergo putrefaction. That is what makes the skin become so dirty; that is why so many people have such sallow complexions. It is the putrefaction of the meat."

FLIES AND TYPHOID

It is reliably stated that nearly one-fifth of the soldiers in the national encampments in the United States in 1898 developed typhoid fever. The deaths from this disease were nearly 87 per cent of the total deaths from all causes. Flies served as carriers of the infection. This was clearly shown in a report made by a medical commission appointed to investigate and report on matters of camp sanitation.

The fly is a dangerous little pest and when warm weather comes see to it that he is kept out of your home.—*Chicago Tribune*.

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TELLS OF AMERICA'S OPPORTUNITY IN CHINA

**Dr. M. C. Wilcox Addresses Audience and
Outlines Plans for Translations of
Books for Chinese Students**

\$150 TO PUBLISH BRUNSON SERMONS

Dr. M. C. Wilcox, long a missionary in China, addressed a large audience on "America's Opportunity in China" in the parlor on Sunday evening.

He spoke of a visit to North China and Manchuria a few years ago and said that to him the Great Wall, with its huge gays and crumbling sections, was a parable of China's modern history. The "Middle Kingdom" was the home of a high literary culture and was formerly the schoolmaster of the far East, including Japan. "China," said he "is a case of 'arrested development' but not of arrested pride." The speaker likened China to a sleepy giant whose castle gates were barred and bolted against all comers until they were forced open by a succession of wars, beginning with the infamous "Opium War."

But it was the sudden collapse of the Boxer uprising that finally opened all parts of China to the world and ushered in an epoch of reform and of infinite possibilities.

America's special opportunity in China today was shown to be due to several causes: Our freedom from the opium traffic; our fair treatment of China as a nation; our object-lesson of civil and religious liberty in the Philippines; our prevention of the partitioning of China among certain European powers, etc.

Americans are gladly welcomed as teachers in the government schools and as missionaries, and the books they furnish the Chinese in their own universal written language has a wide and appreciative reading. It is well known to many that Dr. Wilcox is devoting himself entirely to this translation work—all the books being of an unsectarian character, but adapted to the needs of Chinese students of both sexes and to the general readers. A dozen or more of Dr. J. A. Brunson's very able sermons—delivered from time to time in the Sanitarium chapel—will constitute one of the books being prepared. Subscription cards were circulated at the close of Dr. Wilcox's address and over \$25 pledged. About \$150 has been secured toward the \$500 needed to publish Dr. Brunson's book. All the proceeds of the sale of all the books being translated will be used to publish future editions, so the books will be self-propagating. Other contributions for this work will be welcomed and may be handed to Elder L. McCoy at the Sanitarium, or they may be sent to Dr. Wilcox, Mt. Vernon, Iowa.

"To forget self, to forget one's experiences whether of joy or of sorrow; to be careless whether one is happy or unhappy; to think only of service, of duty, of love; to give one's whole thought, to devote one's whole life, to consecrate one's whole energy, to ministering to others—not considering whether we shall be ministered to ourselves, and willing to give our life, even our highest and deepest life, as a willing sacrifice, if this be needful for our highest service—this is the best way out of the experience of apparent exile from God into the experience of renewed companionship."

ANTI-TUBERCULOSIS

(Continued from page 1)

Much interest was aroused in the address of Dean Victor C. Vaughn of the University of Michigan who was scheduled to speak on tuberculosis and its prevention at the Sanitarium the following evening. The banquet and the lecture by Dean Vaughn will, it is thought, revive the interest of the members in the work of the local association which has for some time been in a state of "innocuous desuetude."

The following is the banquet menu:

Celery	Grape Fruit	Radishes
	Olives	
Cream of Browned Onion Soup—		
Sanitarium Wafers		
Fillet of Nut Meat		
Green Peas in Potato Nests		
Asparagus Tips on Rice Biscuit		
Cabbage Salad		
Buns	Mint Julep	Apple Juice
Cottage Pudding—Orange Sauce		
Chocolate Crisps	Oranges	Apples
Caramel Cereal		

TONIC EFFECTS OF COLD AIR

Cold air raises the opsonic index. So if one has a low opsonic index the best thing to make it higher is to live out of doors, to sleep out of doors, to expose oneself to cold air. But you say, "I get cold. My circulation is poor, it makes me shiver. My hands and feet get cold." It is not necessary to get cold but one should breathe cold air. Keep warm, keep your hands warm, keep your feet warm and your legs warm. Never get cold, but breathe cold air. Getting cold air into the lungs increases circulation in feeble people. Never allow yourself to get cold or to get chilled under any circumstances. It is cold air taken into the lungs that does the good. It is not the cold air on the surface of the body, chilling the body. When the body is kept warm the blood is kept at the surface, but when the body becomes chilled the blood is driven in and great harm is done to feeble people particularly. Every cold breath of air taken into the lungs is a little cold bath. When you take a breath of cold air it makes you feel better. Go out and take a walk in the cold air before breakfast and what a keen appetite it gives you. Why? Because it has awakened all the vital activities of the body and made the blood circulate more vigorously. It has introduced more oxygen into the blood and stimulated each vital process. When you sleep in the cold air all night long every breath is a cold bath and gives you a lift, and you get a thousand of them in an hour and eight thousand in a night.

LINCOLN CENTENARY OBSERVED

(Continued from Page 1)

paid the most eloquent tribute of the evening to Mr. Lincoln, declaring that the South today is perfectly willing to recognize the northern hero and that no man in the North occupies so large a place in the hearts of the southern people. "Had he lived," said he, "we believe that the South would not have suffered as she did through the reconstruction period. His death was the greatest blow the South ever received." In summing up his worth to the country and to the world, Mr. Brunson said: "His greatest work was not in freeing the slaves nor in preserving the union, but in the fact that he embodied in himself the great eternal principle of the essential worth of man—the principle of soul liberty. If it was who brought the principles of Jesus Christ into the sphere of government."

On Sabbath afternoon A. T. Jones gave an able address on "Abraham Lincoln—the Man and the American," which was listened to with pleasure by a very large audience. A second address—"Abraham Lincoln the Christian"—scheduled for Sunday afternoon had to be postponed on account of Mr. Jones' absence from the city. It will be given upon his return from the east.

Old Glory was unfurled to the breeze early Friday morning and a handsome portrait draped in the national colors and living green was hung in the parlor. The menus for the entire three days bore a half-tone portrait of Mr. Lincoln and contained excerpts from his more famous speeches.

Judge S. L. Hoge, a personal friend of Lincoln and an eye-witness to the hanging of the conspirators against the life of the emancipator, which took place in the U. S. Navy yard, is at present a patient at the Sanitarium. Gen. Hoge was an officer in the U. S. army and stationed in Washington at the time of the assassination of the president. He is now president of the First National bank in Kenton, Ohio, an office which he has held for the past twenty-nine years. He is also a member of the Legion of Honor and has the distinction of having been the youngest judge on the supreme bench, having been appointed in South Carolina when he was just old enough to hold the office.

The presence over Sunday of Miss Ida M. Tarbell, Lincoln's great biographer, was another interesting feature of the celebration.

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VOL. II FEBRUARY 18, 1909 No. 11

MALNUTRITION AND INSUFFICIENCY

SUPERINTENDENT MAXWELL of the public schools of Greater New York recently called attention to the fact that the medical examinations of school children in that city had revealed that there were 17,000 of them suffering from malnutrition—due, the report asserts, "either to insufficient or improper food."

Is this not a record to make thinking people pause and consider? Seventeen thousand lives handicapped because of insufficient or improper food. Seventeen thousand inefficient men and women coming up into the world of endeavor. Inefficient it is certain they will be, because Nature does not make clear-brained, strong muscled, well equipped men and women out of children who have been improperly nurtured.

Be their little brains ever so crammed with the "three R's," the balance of Nature asserts itself and in the end their powers are limited and the world loses. It is an economic loss to the nation and if the work of the Committee of One Hundred, the Battle Creek University of Health and that of the several National Medical Societies of the country stands for anything the public will some day be made to recognize this.

The homely adage anent the sow's ear and the purse might be cited here, for it is as impossible to make the one out of the other as it is to make a strong brained, efficient, capable man or woman out of an ill-fed child.

It is not alone among the poorer classes that incorrect diet maintains, for in all walks of life are to be found those who follow along irrational lines and then are amazed and rebel when they are called upon to reap the harvest.

In the March number of *Good Health* in an editorial on "Our Rational and Irrational Modes of Living," Dr. Kellogg has the following to say of this custom:

"The things we do, our habitual conduct in eating, drinking, and other matters of personal concern, are not necessarily safe and wholesome because they are sanctioned by long usage. They are simply the record of the likes and dislikes of our ancestors, the products of their penchants and predilections.

"A custom is not necessarily good because it is antique. We are in a world of progress, and the last result of human experience ought to be the best, being the summing up of all preceding experience.

"If there is anything concerning which hu-

man beings should exercise rational control it is their eating. So many facts are now known in relation to nutrition and assimilation that there is a good foundation of fact on which to base a rational theory and practice of eating, and this is the basis of the 'new dietary.' Surely a man's efficiency depends quite as much upon his eating and the personal care of his body and bodily energies as does that of a horse or an ox."

FOOT AND MOUTH DISEASES

THE foot and mouth disease which has awakened so much anxiety in New York and Pennsylvania began with cattle, but has extended to human beings. Secretary of Agriculture Wilson has received a dispatch that four children in Dansville, Pennsylvania, have been stricken with this malady. According to the announcement from the State Department of Agriculture of Pennsylvania, the cattle of ten counties of the States of Pennsylvania are suffering from this disease. The government and state officials are actively engaged in an effort to suppress the malady. Thousands of cattle have been hurried from the infected region to the larger cities. It is much better economy from the stock-raiser's standpoint to sell a creature for meat, at a little less than going prices, than to allow it to die of foot and mouth disease and get nothing for it. The present excitement in relation to foot and mouth disease is certainly justifiable, but it should be borne in mind that there are other maladies which are much more to be feared than this disease. Tuberculosis, for example, is a malady which is always with us, a disease far more fatal than foot and mouth disease, and much more easily communicable. Trichinosis, or infection with trichinae, is still another malady which is steadily increasing among us. The government reports show that two per cent of all the hogs slaughtered in the abattoirs in Chicago are infected with trichinae. When the flesh of such hogs is eaten, the eater becomes infected with the parasites, which work their way into the muscles and there remain during the individual's life. Thousands of persons are suffering from so-called rheumatism, which is nothing more nor less than infection with trichinae.

Is it not strange that intelligent men and women are able to regard as wholesome articles of food, creatures capable of suffering from the same diseases as themselves?

Some time ago a little boy nearly spoiled the appetites of the guests at a Thanksgiving dinner by shouting out while the turkey was being carved, "Say, Grandpa, was that the old sore-headed turkey?" A man's appetite for beef-steak would not be likely increased very much by raising the query while masticating it, "Did this ox have a sore mouth? Did he have sore feet?"—*Good Health*.

ONE of Lincoln's mottoes was: "Die when I may, I want it said of me by those who knew me best, that I always plucked the thistle and planted a flower, where I thought a flower would grow."

For the Stomach That Can't Stand Bread KELLOGG'S Toasted Rice Biscuit

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ONE DOLLAR A YEAR

A Few of the Things which You will want to Read in the April GOOD HEALTH

THE LIQUOR QUESTION

By J. H. KELLOGG, M. D.

The most widely and warmly discussed subject in America to-day will be taken up by the Editor at length in next month's *Good Health*. Every phase of the question will be gone into, and the article will prove to be one of the magazine features of the month.

THE NEW SCHOOL OF FLETCHERISM

By MARY K. MAULE

"Mr. Fletcher has recently quitted his rooms in the Waldorf-Astoria to take up his residence on the East Side for the purpose of spreading his gospel of economic nutrition where he thinks it will do the most good." The article describes Mr. Fletcher's work among the people of New York's East Side, and includes an interesting interview with the sunny philosopher. Mr. Fletcher has heartily endorsed the article.

CALISTHENICS FOR HEALTH AND CURE

By A. E. T. WINJUM, of the Battle Creek Sanitarium Staff

The article, elaborately illustrated with photographs, outlines several methods by which the invalid may take simple yet valuable exercises in his room, and in his bed if need be.

THE HOUSEKEEPER IN QUEST OF GERMS

By MRS. E. E. KELLOGG

Mrs. Kellogg will continue her popular series on dust in the home as a means of spreading contagion. Mrs. Kellogg does more than merely show up the dust nuisance—she tells how to combat the evil.

SOME POTENT CAUSES OF INSANITY

By E. M. KING, Medical Superintendent of the Mendocino State Hospital.

"That a large percentage of the children born in civilized countries are more or less defective," says the writer, "is a fact well known to those who have had opportunity to study this class of cases. And now, again, I ask the question, 'What is wrong, and how are we to correct these conditions?' Be sure to read the author's own answer to his question."

BIRD CONSERVATION

By HENRY OLDYS, Assistant Biologist, Biological Survey, Dept. of Agriculture, Washington, D. C.

Mr. Oldys is widely known as an authority on "birdology," and he writes for *Good Health* this month on a subject that must appeal very strongly to every lover of our bird neighbors,—how we may prevent the ruthless destruction of some of our sweetest songsters, and their disappearance from many localities which they once frequented in abundance.

NERVOUS PROSTRATION

By W. H. RILEY, M. D.

Dr. Riley's reputation as a neurologist is international, and he has now prepared for *Good Health* readers a series of studies on nervous prostration. And how few Americans of the present era of rush and push are at one and the same time free from neurasthenia and unthreatened by it if our present strenuousness is kept up!

THE SANITARY CONDITION OF THE SOUTHERN END OF LAKE MICHIGAN

By H. E. BARNARD, Chief Chemist, and J. H. BREWSTER, Water Chemist, Indiana State Board of Health

Thousands of our American cities and towns take their water supply from a lake or other body of water into which, at some point or other, their sewage is disposed. Such a condition exists among the cities adjacent to Lake Michigan in northern Indiana. The writers of the present articles spent three months in a bacteriological survey of the lake at this point, and have disposed of the idea that water is self-cleansing sufficiently to justify the intake pipes and sewage disposal pipes terminating within nearly a half score of miles of each other. The article which presents the findings of the survey is accompanied by several charts which demonstrate the accuracy of the statements made in the article.

WALKING WITH UNIVERSITY STUDENTS

By WILLIAM J. CROMIE, Instructor of Gymnastics, University of Pennsylvania

Mr. Cromie, in his article, describes some of the delightful "hikes" taken by the Walking Club of the University of Pennsylvania.

WHAT SHALL WE DO WITH OUR CHILDREN?

By OWEN E. LOVEJOY, General Secretary, National Child Labor Committee

The agitation in behalf of the children of our land is becoming stronger every day. We are beginning to see that presidents and governors and philosophers and useful citizens can not be produced in sweatshops and in homes where sufficient bread is a thing unheard of. Mr. Lovejoy tells in this most interesting article what this agitation is accomplishing, and how it is accomplishing it. Every lover of children (and who does not love them?) will read what Mr. Lovejoy has to say with the keenest interest.

THE FUNCTIONS OF THE STARCHES

By MRS. MINNIE A. EMMONS

This is Mrs. Emmons' cooking article for April. It will describe the work which the starches perform in our body, and will be accompanied by recipes and photographs.

GOOD HEALTH,
Battle Creek, Mich.

Gentlemen: For one dollar enclosed please send me *Good Health* for one year, beginning with the April number.

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MARCH NUMBER OF GOOD HEALTH OUT

Magazine Replete with Interesting Articles in the Field of Right Living

CRITICIZES EMMANUEL MOVEMENT

THE March number of *Good Health* appeared this week in a striking cover and with a feast of good things inside. There are an unusual number of fine illustrations and several notable articles. Editorially it is very strong. In the first and leading editorial the Emmanuel Movement is sharply criticised and pronounced a "religio-scientific substitute for both scientific medicine and the good old-fashioned Bible religion." Eight other short editorials appear, covering as many phases of the health subject. Dr. Kellogg also answers an article in the *London Lancet*, on "Is Vegetarianism a Fallacy?"

One of the notable articles of the month is that on "The Conservation of Child Life," by Henry MacFarland, president of the National Playground Association, who gives probably the first magazine account of the recent conference

held in Washington to discuss the care of dependent children. The article is profusely illustrated with portraits of philanthropists and social workers, including Miss Jane Addams, Rabbi Hirsch, Booker Washington, Judge Ben Lindsay, etc.

Another article which will be of especial interest to parents and teachers is one on "The Pernicious Habit of Mouth Breathing," by J. T. Case, M. D. The symptoms and proper treatment for adenoids—the direct cause of mouth breathing—are described in a thoroughly scientific manner but in terms which the layman can readily comprehend.

Other leading articles are:

The Housekeeper in Quest of Germs—II, by Mrs. E. E. Kellogg.

Lady Warwick's Horticultural School, by Lucia B. Harriman.

The Tuberculosis Exhibit in New York, by Fannie Sprague Talbot.

How to Keep Warm, by Kate Lindsay, M. D.

The Pittsburg Survey, by T. C. O'Donnell.

Overland Walking Club: On Foot Through the Yellowstone—(Concluded), by James Hutchinson; The Best Spring Tonics, by Julia Ellen Rogers.

The Role of the Tissue Builders, by Mrs. Minnie A. Emmons.

"For every evil under the sun
There is a remedy or there is none;
If there is one, try to find it;
If there is none, never mind it."

"Envy is the tribute that sloth pays to industry."



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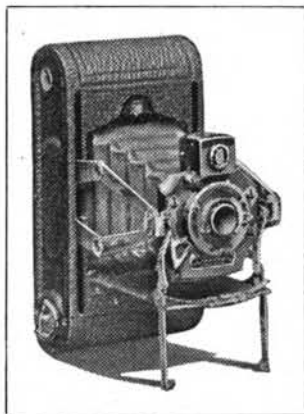
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Many thousands of health-seekers are using these highly-prized YOGURT tablets with pronounced success.

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Don't look for the flaws as you go through life;
And even when you find them,
It is wise and kind to be somewhat blind,
And look for the virtue behind them.
For the cloudiest night has a hint of light
Somewhere in its shadows hiding.
It is better by far to hunt for a star
Than the spots on the sun abiding.
—Ella Wheeler Wilcox.

PERSONALS

Judge R. M. Skinner of Princeton, Ill., is a patient here.

The Rev. H. F. Cope of Chicago is a newly arrived guest.

Miss Bessie Lee Jones of Chatham, N. Y., is a patient here.

Mrs. W. E. Barney of Cedar Rapids, Ia., is a new patient here.

Mr. Charles Taylor of Cleveland, O., is a recently arrived guest.

Miss Florence Tucker of Louisville, Ky., is a newly arrived patient.

Dr. Emma Boice Hayes of Toledo, O., is a patient at the Sanitarium.

Mr. M. P. Cannon of Merrilland, Wis., is sojourning at the Sanitarium.

Mr. A. B. Cooley of Chicago is taking a needed rest at the Sanitarium.

Mr. Otto W. Weurtz of Mt. Vernon, N. Y., is recuperating at the Sanitarium.

Mrs. N. M. De Haas of Marquette, Mich., is visiting her husband—a patient here.

Mr. N. B. Holden, a prominent merchant of Chicago, is resting at the Sanitarium.

Mr. H. Finger of Port Arthur, Ont., is a recent northern arrival at the institution.

Dr. Max Smith, formerly of the Sanitarium staff, brought Mr. D. C. Dusenbury of Postville, N. Y., here for treatment this week.

Mr. and Mrs. B. R. Pierce of Chicago are newly arrived guests at the Sanitarium.

Mr. John R. Bird of Bartlesville, Okla., is a recently arrived guest at the institution.

Mr. and Mrs. C. P. Yeatman of Chicago arrived this week and will remain as patients.

Mr. and Mrs. J. P. Herrick of Bolivar, N. Y., are newly arrived patients at the Sanitarium.

Mr. B. G. Tremaine has returned to his home in Cleveland after a stay of a fortnight here.

Mr. H. C. Baldwin, a prominent banker of Charles City, Ia., is resting at the Sanitarium.

Mr. B. C. Stephenson of South Bend paid a short visit to his brother, Col. Stephenson, this week.

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Mr. and Mrs. J. A. Going of Birmingham, Ala., arrived this week to remain for rest and treatment.

Mr. W. W. Hiller of Brooklyn, connected with the "Christian Intelligencer," is a guest at the Sanitarium.

Miss May Haxton, recently returned from her home in England, joined her father at the Sanitarium this week.

Mr. F. C. Fox, general superintendent of the Santa Fe Railroad, of Topeka, Kan., is here for rest and treatment.

Mr. W. W. Tarr of Chicago accompanied his brother H. J. Tarr here this week. Mr. H. J. Tarr will remain as a patient.

Mr. Harry C. Hankins of Connersville, Ind., came here this week to pay a visit to Mrs. Hankins, who is a patient here.

Mrs. Gaston Saux of New Orleans, La., one of the summer guests, returned to the Sanitarium this week for further treatment.

Miss Bucklin, who came to pay a visit to her uncle, Capt. Bucklin, last week, returned to her home in New York Saturday.

Dr. M. Sabin of Centerville, Mich., accompanied Mrs. R. E. Willis of Angola, Ind., to the Sanitarium this week. Mrs. Willis will remain as a patient.

Mr. and Mrs. F. D. Phinney of Rangoon, Burma, missionaries under the American Baptist Union, are the most recent additions to the missionary contingent.

Mrs. E. J. Stansbury of Appleton, Wis., and Mrs. M. Payen of Oshkosh, who have been resting here for the past few weeks, will return to their homes Friday.

Dr. J. W. Pryor, professor of Anatomy and Physiology at the University of Kentucky, accompanied Miss Margaret McConathy of Lexington to the Sanitarium this week.

Mrs. Allen White of Louisville, Ky., who has been here for the past few days renewing acquaintance with old friends at the Sanitarium, left Tuesday for New York where she will visit for some weeks.

Dr. D. W. Aldrich and family of Galesburg, Ill., have come to the Sanitarium in search of rest. Dr. Aldrich has been a practicing physician for thirty-nine years, and is much worn from his constant labors.

Dr. W. A. Gordon of Oshkosh and Mr. Thomas Reid of Appleton paid a visit to Mr. Alex. Reid this week, remaining over Sunday.

Messrs. G. M. and A. W. Miles, nephews of General Miles of Spanish-American war fame, have been spending a few days resting at the Sanitarium en route to Boston to visit their parental home. Their home is in Montana, where they have extensive interests. While in the east they will meet their uncle, Gen. Miles, on his return from a European trip. "I like it here in the Sanitarium very much," said Mr. G. M. Miles of Miles City. "We have long been familiar with the Battle Creek idea of foods and use many of them in our home, and it is a pleasure to come in closer touch with the institution through our short stay here and we hope to come again."

News Notes

Elder A. T. Jones left Sunday afternoon for the east where he expects to remain for a fortnight.

Dr. and Mrs. Elmer Eggleston entertained the group of Oak Lawn residents at their new home Tuesday evening.

Dr. W. H. Riley recently gave a paper on "Brown Sequard's Paralysis and Neurasthenia Gravis," before the Detroit Society of Neurology and Psychiatry.

Miss Carmichael, class of '09, A. M. M. C., spent a few days at the institution this week, coming up from Chicago where the class is pursuing its last term of work.

Rice Digests in One Hour

Bread requires three hours.

Meat three to five hours.

And rice is more nourishing than either bread or meat.

KELLOGG'S Toasted Rice Biscuit

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Mrs. George S. Goodenow of Chicago, sister of M. B. Duffy, spent a few days here the past week visiting among relatives and old friends. Mrs. Goodenow is a well known club woman and was for many years a resident of Battle Creek.

Mrs. Minnie Emmons left the first of the week for Gainesville, Fla., to join Dr. Carolyn E. Geisel in her Chautauqua work. Mrs. Emmons represents the Domestic Science department and will act as instructor and demonstrator during the southern engagement.

Dr. Ada Cook Owen and her mother, Mrs. Cook of Chicago, paid a brief visit to old friends at the Sanitarium this week. Dr. Owen is en route to a hospital in Philadelphia, where she goes to take some post-graduate work before returning to her home in Hamilton, Mont.

Victor C. Vaughn, dean of the Medical department of the University of Michigan, gave an interesting and well attended lecture on "Tuberculosis—Its Prevention and Suppression" in the Sanitarium gymnasium Wednesday night under the auspices of the Battle Creek Woman's League. A detailed report of the lecture will appear in a subsequent issue.

The Monday Evening Literary Society held a very enjoyable patriotic evening this week at South Hall. The program consisted of national airs, readings, and addresses on Washington and Lincoln. Miss Madge Wallace gave a reading entitled "Old Glory" and the program of addresses was as follows: "The Christianity of Washington," Mr. Griffin; "The Statesmanship of Washington," Mr. Whitford; "Lincoln's Christianity," Miss Cooper; "The Statesmanship of Lincoln," Elder McCoy. Messrs. Redner and Strong spoke on the childhood and early lives of the two heroes. The affair proved to be the most ambitious yet given by the society, which is constantly increasing in size and quality of its work.

The lecture given Tuesday night by Robert Parker Mills in the gymnasium for the benefit of the Haskell Home proved a delightful source of entertainment to the audience and netted a comfortable sum for the Home. The speaker gave his hearers sympathetic glimpses of several noted people with whom he had come into contact during his varied career as journalist, evangelist and lecturer. Possessed of unusual dramatic ability, with a fine appreciation of both humor and pathos and a flow of language that reminds one of Gungahsa, his impersonations of George Francis Train, William E. Gladstone, Pope Leo XIII, and a tender little sketch of the mother of Newell Dwight Hillis, held his audience in wrapt attention for nearly two hours. Mr. Miles may be assured of a warm welcome should he ever come again.

Miss Charlotte Dancy, assistant superintendent of the Nurses' Training department, left Sunday night for Elgin to begin her work of instruction in Battle Creek Methods of Hydrotherapy to the nurses at the Hospital for the Insane there. The efficacy of hydropathic treatments for such patients is beginning to be widely recognized and will be introduced at Elgin.

ARRIVALS

C. J. Collins, Utah; J. Bucklin, R. I.; Bessie Lee Jones, N. Y.; E. R. Maples, Mont.; B. R. Pierce and wife, Ill.; G. B. Garnant, Ill.; F. G. Clayton, Mich.; Montaville Flowers, Ohio; Mrs. Charles L. Mordyke, Ind.; Mrs. Lottie Mason Ashland, Iowa; Emma L. B. Hayes, M. D., Ohio; Mrs. Warren Moice, O.; J. M. Ealy, Mich.; Mrs. J. Collard and son, Mich.; Frank Stevens, Va.; Mrs. L. Schlueten, Mich.; A. W. Miles and wife, Mont.; G. M. Miles, Mont.; B. G. Tremaine, O.; C. D. Warner, Minn.; C. A. Patillo, Ala.; Kenneth B. Hunter, Iowa; George W. Yaw, Mich.; Mrs. William McKay, Mich.; Sam Sprung and wife, Ind.; Mrs. H. Wales, Ill.; E. L. Shinkle, wife and children, Ill.; W. H. Wright, Jr., Wis.; A. F. Haines, O.; E. T. Dusenbury, N. Y.; D. C. Dusenbury, N. Y.; M. T. Smith, N. Y.; Mrs. George I. Goodenow, Ill.; A. S. Trow, Wis.; H. Finger, Ont.; Miss May Haxton, New York; Charles E. Reynolds, Ia.; William W. Hillier, N. Y.; H. C. Hankins, Ind.; Henry Mack and sons, Ill.; Mr. and Mrs. James A. Going, Ala.; Mrs. C. W. Gardner, Minn.; P. M. Brown, Ind.; John Johnson, Ill.; D. B. Miller, S. D.; Asa B. Conley, Ill.; Zelba Young, Ill.; N. B. Arnoff, Ill.; W. E. Ward, Tenn.; D. B. Drake, Ill.; Mrs. Gaston Saux, La.; Mr. and Mrs. R. E. Willis, Ind.; Dr. Merdin Eabin, Mich.; Miss M. McCordley, Ky.; J. W. Pryor, M. D., Ky.; W. J. Walker, M. D., Ky.; Cecilia Ensign, O.; Mrs. Willis N. Pomeraz, Mich.; H. C. Baldwin, Iowa; A. L. Olds and family, Iowa; Miss F. Bolander, Ill.; Richard M. Skinner and wife, Ill.; E. S. Stacy; Dr. W. Neil McDonald, Annapolis; Miss Florence Tucker, Ky.; John Peterson, Ill.; Henry E. Fox, Ill.; Mr. and Mrs. F. D. Phinney, Rangoon; W. B. Bryan, Ind.; Mrs. Mattie Potts, Mich.; M. Benjamin Holden, Ill.; J. C. Davis, Ind.; Mr. and Mrs. C. H. Price, Minn.; J. Willis Smith, Ill.; Dr. W. A. Gordon, Wis.; Thomas B. Reid, Wis.; Ida M. Tarbell, N. Y.; W. W. Tarr, H. J. Tarr, Ill.; F. J. Seidler, Mich.; Mr. and Mrs. John P. Henck, N. Y.; Henry A. Cope, Ill.; Mrs. W. E. Varney, Iowa; Joe Varney, Iowa; B. C. Stephenson, Ind.; Frank W. Callim, Mich.; S. Lyrich, Iowa; Mrs. Lee Hagel and daughter, Oxford; C. P. Yeatman and wife, Ill.; Ellen M. Austin, Neb.; John R. Baird, Okla.; F. Laderer, Kan.; John Tripp, Jr.; J. H. Bell, Ill.; C. J. Collins, Utah; Dr. and Mrs. D. W. Aldrich and child, Ill.; Otto W. Heintz, N. Y.; Mrs. T. C. White and daughter, Mich.; M. P. Cannon, Wis.; Mr.

and Mrs. J. L. McKie, Mich.; Mrs. V. S. Phillips, Ill.; Thomas W. Andrews, Ont.; H. Wales, Ill.; W. D. Beck, Ill.; Miss Hattie Eaker, Ohio; Mrs. N. M. DeHaas, Mich.; I. M. Ackerman, Colo.

PICTURES

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THE BATTLE CREEK IDEA

VOL. II, No. 12.

BATTLE CREEK, MICH., FEBRUARY 25, 1909.

PRICE, 2 CENTS.

FUNDS ARE RAISED FOR CITY MISSION

Two Mass Meetings Held on Sunday and
\$2,300 Raised for Rescue Work
in Battle Creek.

SILLAWAY AND QUARTEL SPEAK

TWENTY-THREE hundred dollars was raised at the two big mass meetings held Sunday in the interests of the newly established Battle Creek City Mission. The success of the new venture seems assured. A few weeks ago one thousand dollars was pledged at the banquet given at the Sanitarium; and the Mission was opened at 12 South Jefferson Avenue, a fortnight ago under the superintendence of W. S. Colgrove of the Kalamazoo Mission and under the immediate direction of H. A. Steele.

Superintendent Colgrove, U. V. Sillaway of the Milwaukee Rescue Mission and a large delegation of Kalamazoo singers and several of the converts of the Kalamazoo mission took part in the service which was evangelistic in character. Peter Quartel, a singer from the famous Mel Trotter Mission in Grand Rapids, directed the musical numbers and himself gave several solos. He possesses a sympathetic, well trained tenor
(Continued on page 6)

Health Reformer to Come Here

Mrs. Annie Janness-Miller to Speak on Tri-
une Development at Sanitarium
Next Month

MRS. ANNIE JANNESS-MILLER the well known dress reformer will visit the Sanitarium the latter part of March and is scheduled to give a lecture here on March 23. This will be the first lecture Mrs. Miller has given in about ten years and it will inaugurate a new campaign in which she will tour this country and England in the interests of health reform. The subject of her lecture is "Tri-une Development—The Road to Self Mastery." She will discuss means of development along the three lines—physiologic, mental and psychological. The lecture will be illustrated with rhythmic movements originated by Mrs. Miller.

For many years Mrs. Miller stood at the front in the dress reform movement. Her ideas, being both artistic and practical, found favor among thousands of sensible women. She retired from the lecture field because of the stress of personal business. Mrs. Miller is not only a brilliant, magnetic speaker but is a writer, designer and architect. She designed and executed Thomas Walsh's \$800,000 Washington mansion. Her new book on Tri-une Development is soon to come from the press.

Dr. Vaughn on the White Plague

Large Gathering of Battle Creek Citizens
at Lecture Given by Dean of
Medical School

MEANS OF SUPPRESSION

"Do you know that in the United States from 150,000 to 250,000 people die every year from tuberculosis, and that there are 1,500,000 in the active stage of the disease all of the

OCCUPATION NEUROSES AND DISEASES THEY CAUSE

Dr. W. H. Riley Tells of Writer's Cramp
and How It Is Caused and Also
Suggests Proper Treatment

DISORDERS DUE TO OVERWORK

"It is undoubtedly true that more people are made sick by too little exercise than too much. There are a great many diseases and disorders of the body which are caused to quite a degree



VIEW OF SANITARIUM IN FEBRUARY SNOW STORM

time?" inquired Victor C. Vaughn, dean of the medical school of the University of Michigan, in his address before members of the local Anti-tuberculosis Association given at the Sanitarium Wednesday night. "No animal is entirely immune from it. One third of all of the people who die between the ages of forty and fifty years, die of consumption. The disease costs Calhoun county \$24,473 every year, taking into consideration only the male population and on the basis that they earn \$100 per month.

"Tuberculosis is caused," he continued, "by a little germ so small that it takes 10,000 of them to make an inch in length, and so light that they can be scattered about by the slightest gust of wind. They are in the sputum which is coughed up by the tuberculosis patient, and which is afterward dried by the wind and distributed in the air. The germs grow in crowded and poorly ventilated rooms or in dark corners.

(Continued on page 6)

by sedentary habits and inactivity. While this is the case it is also true that there are certain diseases, particularly of the nervous system, which are caused by overwork, particularly physical work, and this is especially the case in certain diseases such as writer's cramp and similar disorders which are caused by the excessive use of certain muscles of the body. Writer's cramp is a nervous disorder which shows itself in the form of motor disturbance such as muscular spasms and tremor and muscular weakness in the muscles of the arm used in writing, and in addition to this there are usually sensory disturbances such as tingling, crawling, prickling sensations and in some cases even quite sharp neuralgic pains. All of these symptoms are generally located in the fingers, wrist and forearm of the individual who may be afflicted with this disorder, but sometimes the disease extends over a wider area than this and affects the muscles of the arm, shoulder and

neck as well as those above mentioned.

"CAUSES: Many people who suffer with writer's cramp have inherited a nervous system which is weak and unstable, and this element of heredity is no small factor in causing this nervous disorder. Sometimes the disease is seen in two or more members of the family; for instance, the father may have writer's cramp and the son may also have the same disease. Brothers are sometimes afflicted with it and other persons who are directly connected in the same family or in collateral branches of the family, such as aunts, uncles, cousins, etc.

"In addition to the influence of heredity the individual who is afflicted with writer's cramp often has a weak, disordered nervous system from some other cause, such as bad habits of living, overwork, or some other disease of the nervous system either functional or organic, or some constitutional disease.

"In my own experience in dealing with quite a large number of these cases, those who have writer's cramp as a rule have what is usually described as nervous exhaustion or neurasthenia, and the writer's cramp is grafted upon this, the fundamental and primary disorder, as a secondary trouble. I have also often seen it associated with migraine, which is also a nervous disease, and with hemiplegia or paralysis of one lateral half of the body, and also with locomotor ataxia, so that we sometimes find it associated with some other nervous disorder or disease, either functional or organic. It is more often seen in men than in women, probably for the reason that men do more writing than women.

"Speaking in general terms, the disease is usually seen between the ages of twenty and fifty, very seldom before twenty nor after fifty, but to be more specific, more cases are seen between the ages of twenty-five and thirty-five than in any other equal period.

"Some severe physical or mental strain like the performance of some task which must be finished by a certain time, or emotional excitement or depression, is often the direct exciting cause. Exposure, overwork and injuries to the arm are also alleged causes.

"Writer's cramp was not known until the introduction of steel pens, which was about the year 1820, and undoubtedly the use of stiff, steel pens has very much to do with causing this nervous disorder. The principal and immediate exciting cause of this disease is *excessive writing in a bad manner*. This means writing with the muscles of the fingers and hands and forearm instead of using the shoulder method, and a free sweep of the pen. This bad manner of writing, together with the excessive amount of work which is often done by bookkeepers and those who use a pen excessively, is the most important cause of this disease. Bad positions sitting at the desk, poor light, allowing the paper to rest on the desk at a right angle instead of an oblique angle and the oblique manner of making the letter characters, all these are contributory in causing this disease. It is an interesting fact that stenographers seldom suffer from this disease. This is probably because the characters which they make in taking notes are usually made by the free arm movement instead of movement of the fingers and hand. Dr. Gowers, a prominent physician of London, reports the case of a young lady who would have writer's cramp when using a steel pen and writing according to the usual or long-hand method, whereas in using the shorthand method she was not troubled with the cramping.

"PATHOLOGY: By the pathology of a disease we mean the visible changes which may take place in the tissues or in an organ as the result of the disease, and upon which the symptoms of the disease are dependent. Writer's cramp is, of course, a disease primarily of the nervous system, and perhaps secondarily of the muscles,

but so far science has been unable to tell us very definitely in just what part of the nervous system the disease is located, although there are some things which throw some light upon this matter. It is a curious fact that the individual who suffers from writer's cramp, especially in the beginning of the trouble, is able to perform other movements perfectly with the same muscles that cramp and are afflicted in other ways when the attempt is made at writing. This would indicate that the disease is not primarily in the nerve trunk supplying the muscle or in the spinal cord, and so from a careful study of the symptoms of this disease in its various stages, and it shows itself in different forms, the opinion is held that the disease is primarily a disease of the cortex of the cerebrum or large brain. In the cortex of the cerebrum are certain centers which have control of voluntary movements. When these centers become irritated the individual may have a spasm or a convulsion, and when they are destroyed, the individual suffers from paralysis in certain parts of the body. In writer's cramp it is thought that these centers in the cortex or surface of the large brain or cerebrum are exhausted so that they cannot send out the proper impulses to control the muscles, and so the muscles of the arm are afflicted with a cramp or a tremor or with a paralysis, as the case may be. However, in long-standing cases, particularly those associated with pain in the arm and wasting of the muscles and certain changes in the electrical response of the nerve or muscles, it is thought that the disease is in the nerve trunk, and this usually in the form of neuritis, which is an inflammation of the nerve trunk. In some cases of longer standing the muscles may atrophy.

"It has been determined by experimentation upon lower animals like the honey-bee, English sparrow, rabbit and cat, that when these animals exercise to the point of extreme fatigue or when certain parts of the nervous system are stimulated by electricity and the parts stimulated are exhausted, that certain well-defined changes take place in the nervous system. For instance, the nerve cells and the nerve units decrease in size and the granules in the cells, which are the source of energy, also decrease in size and some disappear entirely; when the inner part of the nerve cell, which is called the nucleus, also shrinks and becomes smaller, the outline of the nerve cell is found to be irregular and the nucleus of the cell is also irregular in shape. These changes in the nervous system are the result of extreme fatigue, and while they have never been demonstrated as present in the case of writer's cramp, it is reasonable to suppose that they are present, as the same causes which produce these changes in the lower animals are present and active in the man or woman who has writer's cramp.

"SYMPTOMS: This disease is usually divided into four different forms, depending upon some particular symptom which may be most prominent. These forms are as follows: (1) The *Spastic* form; (2) The *Neuralgic* form; (3) The *Tremulous* form, and (4) The *Paralytic* form. In the *Spastic* form the muscles of the arms undergo a spasmodic contraction when the individual attempts to write, and the fingers and hand are flexed and extended and sometimes the pen is thrown on the floor as the result of this spasm of the muscles of the arm which move the hand and fingers. In the *Neuralgic* form the prominent symptom is a severe pain which is located in the muscles of the arm, the wrist or hand or fingers. In the *Tremulous* form the hand of the patient shakes and trembles when he attempts to use the pen in writing. In the *Paralytic* form some of the muscles of the forearm and hand are paralyzed so that the movements used in writing cannot be properly executed. It should be stated, however, that

whereas these four forms are seen in different cases, in most instances all the four above mentioned symptoms are grouped together in the same case with different degrees of severity, so that we usually have a spasm, a tremor and a pain and more or less weakness in the muscles of the arm, associated together in the same individual.

"The symptoms may be also divided into the sensory symptoms and the motory symptoms. The sensory symptoms consist of various paresthesias, such as prickling, tingling, numbness and crawling sensations in the hand and arm afflicted and also quite severe pain, which may be aching in character or may be quite sharp and neuralgic.

"The motor symptoms consist of a spasm of the muscles and tremor of the hand and the paralysis. The spasm usually affects the muscles of the forearm which move the hand and finger, and also the smaller muscles of the hand may be involved in the spasm. This spasm usually comes on or shows itself when the individual takes the pen and begins to write. First there is usually a drawing downward of the wrist and the fingers so that the hand and fingers are bent inward or flexed. Following this there may be an upward movement of the fingers or what is called an 'extension' movement, and the pen may be suddenly thrown to the floor. This spasm of the muscles may extend up the arm and affect the muscles of the shoulders. The tremor which is sometimes present, is what is called an 'intentional' tremor; that is, it shows itself only when the individual makes a voluntary movement such as he would in beginning to write. It is also usually a fine tremor and a rapid tremor, the movements of the hands and fingers vibrating ten or twelve times per second. The tremor is usually located in the hand and arm, but may extend up the arm, affecting the greater part of the arm. It is usually present only when the individual makes some movement as in writing. In addition to this tremor, in some cases which I have seen and in one gentleman who is under my care at the present time, there is constantly a fine tremor affecting both hands, which is present all the time, or nearly all the time. The presence of this tremor in the hands of this patient at a time when he is not writing is a symptom indicating a weak and unstable nervous system, and illustrates the fact above stated, viz.: that in individuals who suffer with writer's cramp there is usually a general weakness of the whole nervous system. The tremor which shows itself when the individual begins to write is usually absent at other times. The weakness or paralysis in the muscles which is often present in these cases is usually limited to the muscles that move the fingers and hand, and may be so great that the patient is unable to make the movements necessary in writing, the paralysis affecting the muscles that move the fingers or the hand or the forearm or of all these parts."

(Continued next week)

MILK AND GOOD MILK

EVERY housewife knows good milk. Every child can tell it by taste. Demand pure milk from your milkman. Demand clean milk; if it has dirty settling get busy. Notice his wagon, method of handling, inquire into the source of his supply, length of time between milking and delivery at your door, in fact, investigate everything which common sense will tell you is an essential feature in good milk. Communicate any unfavorable discovery to the Health Department. As in other commodities there are differences in price. A good article is worth more. Why pay as much for poor milk as you would for good milk. On the other hand, pure, sweet, fresh, clean milk is worth more than the ordinary kind.—*Buffalo Sanitary Bulletin.*

CONGRESS OF NATIONS AT SANITARIUM

Novel Entertainment to Raise Funds for
Establishment of Permanent Mis-
sionary Exhibit

MANY CURIOS DISPLAYED

As we go to press the final preparations are being made for the Congress of Nations to be held in the gymnasium. The affair will be one of the most elaborate ever given at the Sanitarium and in addition to its social phase will have an educational value as all of the booths will have on exhibition rare curios, costumes and foods characteristic of the country represented. In nearly every case the booth is presided over by a native of the country, or one who has spent many years there and is familiar with the customs. The funds raised will go toward the establishment of a permanent missionary exhibit to be placed in the fifth floor parlor. Dr. Kellogg has already donated a large and valuable collection of curios gathered on his travels about the world and this collection will form a nucleus for the new exhibit, which will doubtless be greatly increased through the coming years by visiting missionaries from foreign lands.

The following committees have charge of the Congress:—

Committee in charge of arrangements: Geo. E. Judd, Dr. J. F. Morse, Mrs. Dowkontt; *On publicity,* Mr. A. H. Emmons, Miss Carrie Zahn; *On reception,* Ella Thompson, Mrs. Dowkontt, Miss Jennie Garrett, Miss Hunsaker; *On decoration,* Dr. Louie Vandervoort, Mr. Charles Vandervoort; *In charge of booths,* China, Miss Rolleston; India, Mrs. I. L. Stone; Japan, Miss Soper; Turkey, Mrs. McNaughton; Mexico, Miss Cooper; Africa, Mrs. Joseph Clark; Indian wigwam, Miss Ella Thompson; South Sea Islands, Dr. A. J. Read, Miss Carrie Zahn; Stereopticon booth, Professor Newton, Mr. Ralph Devault.

Miss Rolleston has lived for many years in China and will appear in the native dress and show many interesting curios; Mrs. Stone has also spent many years in the mission fields of India and will preside over that booth; Miss Soper, daughter of missionary parents, born in Japan and herself a missionary to that country, at present recuperating at the Sanitarium, will preside over the Japanese booth and display handsome embroideries, drawn work, china, carved woods, etc., and will wear the becoming Japanese costume. Mrs. McNaughton for many years connected with the educational work being done for girls in Turkey will, with her daughter, display interesting curios from the Ottoman empire. Mexico will be in charge of Miss Cooper who will have a large collection of curios collected by Dr. Kellogg and Dr. Case while in that country. Mrs. Joseph Clark recently returned from the Congo region, where their mission was situated in the heart of the region so persecuted by King Leopold, will give her visitors information regarding that benighted district. The Indian wigwam will be in charge of Miss Thompson who will have a group of Indians from the reservation at Athens, Mich., to exploit their bead and basket. Dr. A. J. Read and Miss Zahn will have charge of the South Sea Island booth and display a valuable collection of native costumes, cooking utensils, dried fruits

and various native foods. Professor Newton and Mr. Devault will be in charge of the stereopticon booth and be ready to explain the making of slides and pictures.

An interesting phase of the exhibit will be the model operating room, patterned after that of the Sanitarium. It is expected that these up-to-date methods in contrast to the crude ways of treating patients in heathen countries will be a powerful plea for the practicability of the work of the medical missionary.

There will be music by the Sanitarium orchestra under the direction of Mr. Drever; and a tableau, in which the Goddess of Liberty will be surrounded by the representatives from foreign lands who look to her for light, will be the closing feature of the program.

The decorations to be carried out by Dr. Louie Vandervoort and Charles Vandervoort will be of an elaborate character. A central canopy of the national colors will overtop the entire gymnasium while about the balcony rail shields of the national colors will be placed at intervals on a background of golden bunting; under this will be draped blue and white bunting caught with red. The platform will be banked with palms and a large flag will form the background.

WASHINGTON'S BIRTHDAY AT THE SANITARIUM

WASHINGTON'S birthday was not formally observed at the Sanitarium, owing to the fact that several patriotic programs had been given during the past week in honor of both Washington and Lincoln. However, the guests on assembling for dinner Monday noon found the tables handsomely decorated and a special menu was served. The tables bore centerpieces of fruits and at each cover glasses of cherry nectar and apple juice gave a festive air. The napkins were embellished with the national flag and the menu bore the portrait of the Father of His Country. Souvenirs in the form of small flags were at each cover. Throughout the noon hour the orchestra played patriotic airs or old time ballads, such as "Ben Bolt," "Old Oaken Bucket," "Listen to the Mocking-Bird," etc. When "America" struck up the guests arose as one man and sang the hymn with a gusto.

MENU

Ripe Olives	Pine Nuts
Colonial Soup—Sanitarium Wafers	
New England Boiled Dinner	
Pressed Vegetable Meat	
Southern Sweet Potatoes	
Potato Salad	Rice Biscuit Sandwich
Cherry Nectar	Apple Juice
Washington Pie	Cream Puffs
Oranges	Chocolate Crisps
	Apples
	Caramel Cereal

THE MEDICAL MISSIONARY

A religious-health paper for missionaries and for the family. Weekly edition 16 pages. Monthly edition 32 pages with cover. Illustrated. Both editions 75 cents per year. Send for sample copies giving special combination terms. Address:

Medical Missionary, Battle Creek, Mich.

HEALTH EDUCATION BY CORRESPONDENCE

An Attractive Announcement Just Issued
by the Battle Creek University
of Health

TO TEACH EFFICIENCY

A FORTY-EIGHT page announcement of its Correspondence Courses, under the title "Health Education by Correspondence," has just been issued by the Battle Creek University of Health. The booklet is so striking, both in its attractive dress and its intrinsic importance, as to command an unusual share of attention. It is certainly noteworthy as giving the first detailed announcement and description of the Correspondence Courses of the University of Health, which mark the first effort to spread a knowledge of health principles throughout the country by means of the correspondence method. Teaching by correspondence has proved so effective in the hands of leading universities, private schools, etc., and has already had such an auspicious beginning in the present effort, that great hopes are entertained for the success of this correspondence idea in health education. The descriptive announcement just issued leaves no doubt as to the care and painstaking thoroughness with which the system of teaching for correspondence work has been prepared.

The booklet is elaborately illustrated with many photographs, including views of the buildings, schools, etc., of the Sanitarium and allied institutions, portraits of noted scientists, and illustrations reproduced from the courses.

On the cover is shown the seal or mark of the Correspondence School—a winged mail-bag, stamped with the monogram of the University of Health, and bearing an electric light representing the enlightenment of scientific health knowledge. Beneath is the phrase: "To Make Life Happier and More Efficient."

The booklet gives an interesting description of the resources in health knowledge, experience, and authorities represented in the Correspondence Courses; their high scientific value; and how well they meet the practical needs of the average individual. Detailed summaries are then given of the various courses now ready—on Food and Diet, Health Exercises, etc. The plan of study is then outlined, including a description of the test questions and practical health tests, which ensure a real training in healthful ways. Certificates and Diplomas are awarded when these tests have been complied with. Finally, mention is made of the various privileges now open to those who enroll promptly—special instruction, free consultation privilege, low tuition, etc.

An increase in the rates of tuition is announced for the near future. Those who wish to take advantage of this remarkable opportunity at the present low rate should enroll without much delay. A copy of this booklet will be sent to any one on application to the Battle Creek University of Health, Battle Creek, Mich. Copies will also be sent to friends if their names and addresses are given when writing.

Personal force never goes out of fashion. That is still paramount to-day, and, in the moving crowd of good society the men of value and reality are known and rise to their natural place.—Emerson.

THE BATTLE CREEK IDEA

PUBLISHED WEEKLY AT
BATTLE CREEK, MICH.

SUBSCRIPTION RATES

One Year	\$1.00
Six Months	.50
Three Months	.25
Per Copy	.02

VOL. II FEBRUARY 25, 1909 No. 12

INDORSE CHILDREN'S BUREAU

At a conference on Child Labor, held recently in New York, the members indorsed the Children's Bureau recommended to Congress by President Roosevelt, and passed resolutions requesting Vice-President Fairbanks and Speaker Cannon to permit the bill providing for such a bureau to be passed at the present session.

"This bureau," said Miss Kelley of the Consumers' League, "will give us that knowledge for the benefit of the children which the farmers can get for their crops and creatures, the forest owners can get for their woods, and the fishing interests for their shad and lobsters."

"To-day we do not know how many blind children there are in the different States, how many feeble-minded, how many boys are in jails in contact with hardened criminals, how many children are born in a year, and how many die."

"The enlightened nations of Europe systematically gather this knowledge year by year, and make their laws and build their institutions in the light of facts. We jumble along, leaving many needful things undone, and doing others, such as the building of new school-houses in rapidly growing cities, inadequately."

Owen R. Lovejoy, General Secretary of the National Child Labor Committee, declared that, with the Children's Bureau established, the United States would in the course of three or four years have such an accumulation of official information that it would be unnecessary to meet objections that have long ago been completely answered, for the information will be available for every member of every Legislature in the country.

"Last week, before the Legislative Committee in Indiana," he said, "I had the unusual experience of hearing a prominent glass manufacturer acknowledge that the effort to forbid the night work of children would not ruin the industry. In our four years' experience this is the first Legislative campaign in which the Legislative Committee have not been assured that any effort to forbid the sacrifice of children at night would drive the glass industry from the state. This certainly marks a step in advance."

Who gives to whom hath naught been given,
His gift in need, though small indeed,
As is the grass-blade's wind-blown seed,
Is large as earth and rich as heaven.

—Whittier.

USED WILEY'S NAME IN VAIN

The following denial by Dr. Wiley appeared in the National Food Magazine and is representative of the business-like way in which he carries out his reforms along pure food lines—ways, it is true, which have not won him friends among evil-doers, but have given him a reputation for fearlessness and sincerity of purpose that the doctor doubtless values of higher worth.

"Dr. W. H. Wiley, Chief Chemist of the Agricultural Department, has demanded of the Calumet Baking Powder Company, of Chicago, that it cease the publication of alleged certificates or statements that he had endorsed the Calumet Baking Powder, or reported in favor of its purity, wholesomeness or superiority. Such statements, he says, are false."

"Dr. Wiley never served upon a committee of awards, as alleged, nor signed such a report or certificate, nor did he ever indorse the Calumet Baking Powder in any way. On the contrary. Dr. Wiley testified before a Congressional Committee relative to alum in food, as follows: 'As I have said repeatedly, I do not use it in my own home, and would not use alum in bread if I knew it. Alum is injurious.'"

"It seems that Dr. Wiley's demand that the Calumet Company should cease these publications, which are, he says, 'against the truth,' was not complied with, although he says he has done all he could 'to stop the base and inexcusable use of his name.'"

Many of the impositions foisted upon the public are allowed to continue in their iniquitous course simply through the indifference of the public. We are too easy going and the press is too greedy for advertising and statements known to be untrue are allowed to stand unchallenged. A few reminders such as the above will convince manufacturers that they cannot lightly use in vain the name of the Chief Chemist of the Agricultural department.

BREATHE CLEAN AIR

"To provide clean air for the living rooms during the day is important, but to ensure an abundance for the sleeping apartments at night is even more essential, since one-third of human life is spent in bed," says Mrs. E. E. Kellogg in an article written for *Good Health* on "Solving the Fresh Air Problem." "If one can arrange to sleep in open air, the problem solves itself in a most satisfactory way. If this is not practicable, the most possible fresh air under the best conditions within doors must be sought. No less than three thousand cubic feet of air per hour should be provided each adult individual in health. In sickness a larger supply is needed."

"The fresh-air problem should claim the conscientious attention of every housekeeper. The essential points to be considered are:—

"1. To secure an ample and constantly renewed supply of fresh air for all parts of the house."

"2. To provide this without drafts."

"3. To have the air supply warmed in winter to a temperature not above 70° and of the proper humidity."

"4. To provide efficient means of escape for all polluted air."

IF YOU HAVE A STOMACH

that sometimes occasions you discomfort and distress from indigestion, you should know of the advantages offered by

Antiseptic Charcoal Tablets

Not a drug, but composed of natural antiseptic agents that promptly relieve the oppression and distress of indigestion, and leaves the digestive organs in an aseptic, healthful condition.

Antiseptic Charcoal Tablets

are a good remedy to have handy. They are invaluable to those who live a sedentary life, with slow digestion, sour stomach, etc., that too often result from it. We want you to try this remedy, and will send you a sample box free upon receipt of your name and address; or three boxes, containing 40 tablets each, sent postpaid for \$1.00.

The Kellogg Food Company

DEPT. Q-1.

BATTLE CREEK, MICHIGAN

The Battle Creek Sanitarium & Hospital Training School for Nurses

Offers exceptional advantages to young men and young women who desire to fit themselves for the work of a trained nurse.

Besides the regular hospital training, thorough training is given in Hydrotherapy, Massage, Manual Swedish Movements and all physiologic methods peculiar to the Sanitarium, and is each a training in itself and found almost exclusively in our work.

Classes are organized April 1 and October 1. Applications are received whenever vacancies occur.

For further information or particulars regarding the school, address the

Battle Creek Sanitarium & Hospital Training School

B. R. PARRISH Dentist

Special attention to nervous patients.

29 North Washington Ave.

Bell, 327 1 ring. Automatic, 1297

FOR SALE—I have on hand at all times good values in improved and vacant property. Fire insurance written in the strongest companies.

I. W. SCHRAM,

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QUESTION BOX DEPARTMENT

EACH Monday evening, Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. How much olive oil is there is one order of ripe olives?

A. An order contains 100 calories—a little less than half an ounce, for one ounce of olive oil is 264 calories.

Q. If the raspberry is constipating, please tell if the juice of the raspberry is constipating?

A. No.

Q. Do you object to the use of malted milk for adults?

A. No, it is better than ordinary milk, because there is less milk in it. There is really very little milk in malted milk. It is made out of wheat flour mostly, wheat and barley. There is a little skim milk in it—enough to flavor it, but there isn't very much more.

Q. If a pail pour proves too nerve-shocking for a nervous patient, and gradual cooling in the bath proves, on the other hand, too chilling, what would you suggest?

A. I would suggest the air bath, or mitten friction, or the steam douche. Ask your doctor for a steam douche.

Q. Is it advisable to take a cold bath every morning in a cold room?

A. You never should unless you are very, very strong. Take an air bath with a little portion of the body uncovered,—just one arm, first, then another arm, then the chest, and the back, and so on, uncover the body a little at a time; rub it until it is in a glow, and you will get all the good from that that you could get from a cold water bath, and more if you had to take cold water bath in a cold room.

Q. What causes twitching of the muscles of the face, especially when tired, after talking? Can it be cured?

A. That is a sort of nervous itch that can be cured by building up the nerve tone.

Q. What proportions of fat, protein and carbohydrate would you recommend for a case of inactivity of the bowels?

A. It is not a question of proteins, carbohydrates and fats. Take the normal proportion you find on the table. But it is a question of bulk rather, and of adaptation to that condition. Ask your doctor for a diet list adapted to your condition and you will get it.

Q. How many glasses of water should a person drink who takes lots of exercise?

A. Drink whenever your appetite calls for a drink. The natural instinct of thirst will call for the proper amount,—say five or six in the course of a day.

Q. Is it injurious to drink water while eating, if you do not drink to wash down the food?

A. No, if you are thirsty while eating, take a few sips of water. That is a good way to retain the appetite for food. There is no harm in taking a few sips of water. Drink when you feel the necessity for drinking.

DOMESTIC SCIENCE DEPARTMENT

"THE rôle of the protein food is to build up the body of the cell, or in the case of a growing child to reconstruct new ones," says Mrs. Minnie Emmons in *Good Health*. "Before such foods can be built into bone, muscle or tissue they must go through the process of digestion. In our food products we find many kinds of protein, and if these are metabolized, or broken down, more or less completely during digestion, the tissue cells may reconstruct therefrom a form of protein adapted to their needs.

"In following the protein foods through digestion we find they undergo no chemical change in the mouth, since the saliva is directly concerned with the digestion of the carbohydrate foods represented by starch and sugar. It is, however, of the greatest importance that the proteins receive thorough mastication in order that they may be reduced to a state of fine division for the chemical digestion which takes place in the stomach.

"The foods richest in vegetable proteins are beans, peas, lentils, nuts, and cereals. By proper methods of cooking the digestion of such food is greatly favored. The starchy portions are acted upon in the mouth, but as we have seen the protein element undergoes no change until it enters the stomach. Here the hydrochloric acid of the gastric juice acts upon the protein, changing it into acid albumin. Then under the influence of pepsin the acid albumin undergoes a further digestion, resulting in the production of a number of bodies. The extent of digestion varies under different circumstances—consisting of food, kinds of food, length of stay in the stomach, etc.

Proteins do not ordinarily leave the stomach during the first half hour, sometimes an hour, when they are slowly expelled.

"The digestion in the stomach is not so much an end in itself as a preparation for the subsequent intestinal digestion. For some unknown reason proteins submitted to peptic digestion are broken up by the trypsin of the pancreatic juice in a manner differing from its action on proteins which have not undergone this preliminary treatment.

"The liquid material on leaving the stomach enters the duodenum—the first twelve inches of the small intestines. Here the action of the pepsin ceases, as the contents of the duodenum are alkaline in reaction and the pepsin acts only in an acid medium. The digestion is continued, however, by the trypsin of the pancreatic juice.

"Trypsin acts in a neutral, slightly acid, or markedly alkaline solution. Its action is more rapid and powerful than peptic digestion. The proteins are broken up very completely and absorbed mostly by the blood-vessels of the small intestines and carried by way of the portal circulation to the liver, through which they must pass before they are distributed by the general circulation throughout the body.

The following recipes are rich in proteins:—

Navy Bean Soup

- 1 cup navy beans
- 1 quart water
- 1 teaspoonful salt
- 2 tablespoonfuls butter
- Celery and onion if desired.

Wash the beans thoroughly and put to soak overnight. In the morning put the beans to cook in the water in which they were soaked. Do not parboil the beans, as by so doing their natural flavor is lost and high seasonings have to be added to give the beans a flavor. Cook until

tender, adding more water if necessary. If the flavor of onion and celery is desired, add one small onion sliced and two stalks of celery about thirty minutes before the beans have finished cooking. Then put through the colander, season with the butter and salt, and add one cup of water, or sufficient to give proper consistency.

Cottage Loaf

- Yolks of 4 hard-boiled eggs
- 3 cups hot mashed potatoes
- 1 cup cooked peas
- 1 cup cooked carrots
- ½ cup macaroni, tiny croutons, or toasted nut-tolene cubes
- 1 cup brown gravy.

Line a granite baking dish with two-thirds of the baked potato, reserving one-third to cover the top. In the center place the hard cooked eggs with the cooked carrots, peas and macaroni or nuttolene which has been combined with the brown gravy made according to above recipe. To make the croutons cut stale white bread into tiny cubes and toast until brown in a moderate oven. Bake in a moderate oven thirty minutes and serve with a rich cream sauce.

Spaghetti a la Milanese

- 1 cup spaghetti
- ½ cup carrots
- ½ cup turnips
- ½ cup cabbage
- ½ cup onion
- ½ cup celery.

Break the spaghetti into two-inch lengths and place to cook in one quart of boiling salted water in a double boiler, or into two quarts of boiling water directly over the flame, as preferred. Cook until perfectly tender, which will be about thirty to forty-five minutes. While the spaghetti is cooking prepare the vegetables, peeling, dicing, and measuring, and then cooking until tender in sufficient boiling water to cover.

Prepare a brown gravy as follows:—

- 1 cup thin cream (hot)
- 2 tablespoonfuls butter
- 3 tablespoonfuls flour (browned)
- ½ teaspoonful salt.

Place the flour on a pie-tin in a hot oven until it assumes a golden brown. Mix thoroughly with the butter, then pour the hot cream over the butter and flour, stirring constantly. Add the salt and cook over the flame five minutes.

Combine the spaghetti with the cooked vegetables, add yolks of three hard-boiled eggs and two teaspoonfuls salt. Pour over all the brown gravy and toss lightly together. Bake in a moderate oven thirty minutes.

Macaroni may be used in place of the spaghetti if preferred.

Peas and Onion Salad

- 1 can of green peas or 2 cups of freshly cooked peas.
- 1 tablespoonful grated onion
- ½ teaspoonful salt.

Drain the liquid from the peas, add the grated onion and salt, mix thoroughly, and place on ice until ready to serve. Then combine with a mayonnaise dressing or use the following salad dressing, as given in the January *Good Health*:

- 3 egg yolks (beaten)
- 2 tablespoonfuls sugar
- ¼ cup butter
- ¼ cup lemon juice
- ¼ teaspoonful salt.

NEVER is man his own master till, like the centurion with his soldiers, he can say to Joy, "Come," and to Grief or Anxiety, "Go," and be obeyed of these.—*Weir Mitchell*.

FUNDS ARE RAISED

(Continued from Page 1)

voice and his music was much enjoyed by the great audience.

Superintendent Colgrove presided at the meetings telling his audience in a forceful way the object of Mission work and of the great good that is constantly being accomplished among men who through either sin, ill health or hard luck are "down and out." He recited many interesting cases of lives that had been made strong and helpful through the uplift and encouragement given at the Mission. U. V. Sillaway, himself a convert, told of his own experience in a dramatic way and other testimonies were given that touched the sympathies and convinced the audience of the value of the work. The sum raised does not represent the entire amount hoped for by the workers—\$3,000 having been their goal, but it is believed the remaining \$700 will be forthcoming.

Superintendent and Mrs. Colgrove, Mr. Quartel and Mr. Sillaway were guests at the Sanitarium during their stay here. Mr. Sillaway will return in a few weeks for treatment.

"OPEN the door of the heart; let in
Sympathy sweet for stranger and kin.
It will make the halls of the heart so fair
That angels may enter unaware.
Open the Door!"

VAUGHN ON WHITE PLAGUE

(Continued from page 1)

"Get rid of the idea that the tuberculosis patient is harmful. The air he exhales is absolutely germ free, and there is no danger in living in the same room with him, providing the proper means of prevention are taken. The sputum which the patient coughs up should be expectorated in a cloth and burned immediately or he should use one of the sputum cups or boxes made for that purpose. The patient should have his own dishes and they should be scalded well after each meal. It is by these means that we expect to eliminate tuberculosis.

"What we want is a law which will make it illegal for any person to expectorate on the streets, the side walks or in any other public place. Then society will have to help enforce this law by frowning on persons who persist in doing this. The place to expectorate is in cuspidors or in sewers where there is running water."

The speaker advised his hearers to sleep with windows open the year around and to be particular about the ventilation in living rooms and offices. "Don't get tuberculosis with the idea that you can cure yourself by sleeping in a tent," said he, "but sleep in a tent with the idea of preventing tuberculosis."

"SERVING man is a good way of seeking God."

"When the outlook is not good, try the up-look."



Prof. Metchnikoff

of the Pasteur Institute at Paris, discovered the health-aiding, life-extending qualities of the lactic acid bacilli, the friendly germs, our trade name for which is

YOGURT

In recognition of the far-reaching value to the human race of this discovery, he was awarded the widely-sought

NOBEL PRIZE

the great international honor among scientists.

The Good Health Co. secured a colony of these friendly YOGURT germs direct from the Pasteur Institute and are cultivating them on a large scale in their laboratories.

Many thousands of health-seekers are using these highly-prized YOGURT tablets with pronounced success.

\$1.00 a box of 100 tablets. Six boxes for \$5

The Good Health Co.

BATTLE CREEK, MICHIGAN



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Kodak Box Outfit, \$4.00

A No. 2 Brownie Camera for taking $2\frac{1}{4} \times 3\frac{1}{4}$ pictures, a Brownie Developing Box for developing the negatives in daylight, Film, Velox paper, Chemicals, Trays, Mounts. Everything needed for making pictures is included in this complete little outfit.

And the working of it is so simple that anybody can get good results from the start. No dark-room is needed and every step is explained in the illustrated instruction book that accompanies every outfit.

Come in and see the new things from the Kodak City

Palm Garden Pharmacy

SANITARIUM

SPECIAL ART

NEEDLE WORK

Tailored Belts Made to Order, in leather and linen.

Stampeu Shirt Waists.

Shirt Waist Linens by the yard.

Hand Made Embroidered Collars.

Instruction Free

M. BROGAN, 74 W. Main St.

PERSONALS

Miss Luella Bues of Freeport, Ill., is a patient here.

Mr. C. W. Crisman of Colfax, Iowa is a patient here.

Mrs. Sadie H. Lewis of Oxford, Miss., is a patient here.

Mr. I. M. Ackerman of Pueblo, Colo., is resting at the Sanitarium.

Mr. J. G. Schwartz of Harrisburg, Pa., is a patient at the Sanitarium.

Mrs. J. C. Bassett of Aberdeen, Co. Dak., is one of the week's arrivals.

Mrs. L. J. Weisenberger, of Vincennes, Ind., is among the recent arrivals.

Atty E. J. Fannon of McAllister, Okla., is recuperating at the Sanitarium.

Mrs. A. B. Holbrook of Greeley, Iowa, is visiting her son, a patient here.

The Rev. W. F. Wilson of Nankin, China, is recuperating at the Sanitarium.

Dr. Edward B. Campbell of Bellows Falls, Vt., is a patient at the Sanitarium.

Mr. E. E. Cleveland of Sioux City, Iowa, is a new western patient to arrive.

Mr. and Mrs. J. Ryan of Ypsilanti, are spending a fortnight at the Sanitarium.

Mr. R. H. Marston of Appleton, Wis., is spending a few weeks here as a patient.

The Rev. John W. Chambers of Ellesville, Miss., is taking a needed rest at the Sanitarium.

Mrs. Charles K. Miller accompanied her son L. A. Miller of Chicago, to the Sanitarium this week.

Mrs. C. A. McFealy and Miss Clara McFealy of Pittsburgh, Pa., are sojourning at the Sanitarium.

Miss Mattie E. Baldwin of the faculty of the University of Valparaiso, Ind., is resting at the Sanitarium.

Mr. R. J. Welsh of Two Harbors, Minn., a former patron of the institution returned this week for rest and treatment.

Dr. P. S. Repeogle accompanied C. A. Dryer of Champlain, Ill., here this week. Both gentlemen remained for treatments.

Judge Lewis McQuown of Frankfort, Ky., spent Sunday with Mrs. McQuown, who has been a patient here for several months.

Mr. and Mrs. G. W. Marquard of Des Moines, Iowa, are paying a visit to the institution, which they first visited thirty years ago.

Miss Knowles of Ludington, Mich., who has been spending a fortnight with her father, a patient, returned to her home Saturday.

Craven Brothers - Jewelers

(Successors to H. J. Sevy)

We carry everything in Up-to-Date Jewelry and Novelties
Repairing of All Kinds Neatly and Promptly Done

217 MAIN STREET WEST, - Opposite McCamly Park

Mrs. J. P. Hemmeyer of Detroit paid a visit to her husband, who is a patient here, this week.

Mrs. James M. Turner of Lansing, Mich., an old friend and frequent patron of the Sanitarium returned this week for treatment.

Dr. Charles R. Emerson of Clifton Springs Sanitarium and his business manager, Henry J. Bostwick spent a few days here during the past week.

Mr. O. F. Knowles of Pontiac paid a visit to his brother Dr. F. S. Knowles this week. Dr. Knowles is making marked improvement after a critical operation.

Mr. V. E. Du Bois of Redwood Falls, Minn., accompanied his little son, Master Robert, here for treatment this week. Mr. Du Bois' family are frequent patrons of the institution.

W. G. Colgrove and Mrs. Colgrove of Kalamazoo, Peter Quartel of Grand Rapids and U. V. Sillaway of Milwaukee, prominent mission workers were guests at the Sanitarium over Sunday.

Colonel and Mrs. George R. Swallow, who have been at the Sanitarium resting for the past few weeks, will leave shortly for the Bermudas to spend the remainder of the winter and spring.

Mr. and Mrs. H. J. Thompson returned to their home in Bay City, Mich., on Saturday. Mrs. Thompson has been a patient here for some weeks and returned much improved in health.

Dr. J. H. Kellogg went to Chicago Tuesday to read a paper before the American School Hygiene Association on "Checking the Race Degeneracy Due to Conditions of School Life." Excerpts from the paper will appear in THE BATTLE CREEK IDEA next week.

Miss Gwen Griffiths, who has spent several years in Constantinople at the head of a Missionary school for girls, returned to the Sanitarium this week for further rest and treatment.

Mrs. R. H. Sidebotham of Fusan, Korea, is a recent addition to the missionary contingent now resting at the Sanitarium.

News Notes

Charles M. Roe of the Modern Medicine Publishing Co., is in New York on a business trip.

Miss Charlotte Dancy has returned from Elgin, Ill., where she went to instruct classes in hydrotherapy.

Mr. and Mrs. Alfred Steinel gave a George Washington luncheon Monday at their home, 188 Manchester street.

Miss Wells gave a George Washington dinner of eight covers Monday night at her home, 719 Van Buren Street.

Miss A. J. Aldrich, who has been spending the past two months visiting in the East is expected back the first of March.

Dr. A. J. Read gave a lecture on The Natural Wonders of America before an Urbandale audience Wednesday night.

Mrs. M. S. Foy, superintendent of the Nurses' Training School, will return the latter part of the week from a short vacation spent in Colorado.

Word has been received from Dr. and Mrs. Byington since their arrival in Italy. They report a fine passage and are both enjoying the trip. They will visit Egypt and the Holy Land before coming back to the continent.

George Judd returned recently from a trip to Des Moines, Iowa, where he was the guest of Mr. and Mrs. W. D. Beard and their sister Miss Mabel Hebard. Miss Hebard was formerly connected with the nurses' department and has many friends here.

A meeting of the advisory committee of the local Anti-Tuberculosis League was held on Wednesday night and plans were outlined for practical work to be carried out by the league in the interests of the suppression of tuberculosis in Battle Creek. The recommendations will be printed next week.

The Battle Creek Diet System

For thirty years the Battle Creek Sanitarium has been curing sick folks by regulation of diet and other physiologic means. The diet system which has been developed is recognized as the chief factor in the building up of the world-wide reputation of the great institution.

We have prepared an interesting illustrated booklet which tells about this unique system and how to introduce it into every home.

There are special diets for diabetes, neurasthenia, rheumatism, anaemia, constipation, dyspepsia and most chronic ailments.

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J. C. Riggs returned Saturday from San Antonio, Texas, where he has been for the past few months. He will resume his former work at the desk. Mrs. Riggs is much improved in health and with the children will return to Battle Creek to reside permanently.

Miss Margaret Stewart expects to sail Saturday for Guanica Centrale, Porto Rico, to take charge of a case. She will be gone about five months. News from Dr. and Mrs. Martin, who have been there since December, is of the most sanguine sort. They are enjoying their stay and find the climate delightful.

Miss Ruth Hemenway of Bloomington, Ill., pupil of Mrs. Belle Watson Melville, of Chicago and Cumnock School of Oratory will give a reading of McCarthy's "If I Were King," in the Sanitarium gymnasium Saturday night, February 27. Miss Hemenway has twice before appeared before Sanitarium audiences and her reputation as a reader of ability and charm is well established here.

Drs. Rowland H. Harris, Elizabeth Kerr-Harris, Paul Roth, Linnie Roth, A. V. Heynemann and E. M. Heynemann, have engaged passage on the S. S. "Adriatic," White Star line, sailing for Southampton, April 28. The Drs. Harris will take post graduate work at the Edinburgh University, returning probably some time in the early fall; the Drs. Roth will go directly to Paris where Dr. Paul Roth will take some special clinics. The Drs. Heynemann will remain in Edinburgh for a few months to receive British qualifications before going to their home in Australia.

At the social hour held last Wednesday afternoon the Hon. Porter H. Dale gave an interesting sketch of Clara Barton whom he knows personally. Particularly touching was the description of the honors accorded her by the fleet of battleships in Santiago harbor, where the Red Cross ship under her command was given first place and permitted to enter the harbor in advance of the battleships, which it did while Miss Barton and her corps of workers sang the doxology with tears streaming down their faces. This week the afternoon was abandoned in favor of the Congress of Nations.

At the last meeting of the Monday Evening Literary Society an interesting and spirited discussion of the question "Resolved that our Railroads and Telegraph Lines should be owned and operated by the government" took place. Miss Ella Thompson and Messrs Walker and Vary held the affirmative side and the negative was represented by A. H. Emmons, Orville Bentley and Mrs. Cora Morse. The judges decided in favor of the affirmative. Other features of the program were a piano solo by Miss Pearl Waterson and recitations by Mrs. Brady and Miss Ruth Leves. Next week there will be a debate on the question of immigration, discussing the needs of a European exclusion act.

ARRIVALS

THE list of arrivals for the week ending February 22 is as follows: Robert P. Miles, N. Y.; P. B. Brockway, M. D., Ohio; Edward R. Campbell, Vt.; Mrs. J. Goldsmith, Mich.; R. E. O'Connor, Ky.; R. S. Repogle, M. D., Ill.; W. F. Wilson, China; E. V. Du Bois and son, Minn.; S. E. Wales, Ill.; C. W. Crisman, Iowa; Mrs. R. H. Sidebotham, Korea; R. W. Osborn, Mich.; Gwen Griffiths, Constantinople; Mr. and Mrs. E. D. Christian, Miss.; Mr. and Mrs. A. Z. Wells, Wash.; C. R. Dryer, Ill.; Mrs. I. L. Stone, city; O. C. Clark, Minn.; Mrs. James Van Buren, Mo.; David Jacobs, Mo.; Mrs. W. R. Crackel, Ind.; Mr. and Mrs. L. J. Weisenberger, Ind.; G. W. Marquards and wife, Iowa; George E. Judd; August Schnell, N. Y.; John H. Miles, Wis.; Miss M. E. Baldwin and friend, Ind.; H. A. Murray, Mich.; E. A. Fox, Ind.; P. J. Welch, Minn.; S. O. Winkleman, Mich.; O. F. Knowles, Mich.; H. H. Albert, Ind.; Mrs. C. A. McFealy, Clara McFealy, Pa.; T. Levich; Mr. and Mrs. J. Ryan, Mich.; Miss Emma L. Black, Mich.; Miss Eva Parks, Ohio; H. J. Turpin; Mrs. W. T. Bowles, Ill.; Miss Luella Bues, Ill.; Miss Sadie H. Lewis, Miss.; Thomas Davenport, Ill.; Mrs. Dr. Bennett, Iowa; J. W. Walker, Ont.; W. L. Colgrave and wife, Kalamazoo; Mrs. John P. Hemmeter, Mich.; Ray H. Marston, Wis.; Dr. C. A. Pierce, Ill.; Julius G. Shavan and wife, Ill.; Mrs. P. L. Hoge, Ohio; H. E. Hoge, Ohio; Earl Cleveland, Iowa; Chas. P. Emerson, Clifton Springs, N. Y.; Henry J. Bostwick, N. Y.; Ray Covey, Mich.; John W. Chambers, Miss.; J. G. Schwartz, Pa.; J. D. Warren, Ill.; J. C. Riggs, Texas; George B. Mills, Wis.; Lewis McQuown, Ky.; Mrs. A. B. Halbert, Iowa; Mrs. J. C. Bassett, So. Dak.; E. J. Fannon, Okla.; Mrs. Spear, Ill.; C. A. Christopherson, Iowa; Mrs. Charles K. Miller, Ill.; L. A. Miller, Ill.; William O. Roark, city; W. W. Farr, Ill.; W. F. Colgrove and wife, Mich.; Peter Quartel, Mich.; U. V. Sillaway, Wis.; J. M. Ealy, Mich.; L. M. Schroder, city; P. F. Stacy, Mich.; R. S. Nichols, Mich.; Miss L. Hills, Mich.; George Witzel, Wis.; Mrs. H. A. Preston, city; Mrs. James M. Turner, Mich.; E. G. Rhodes, Ill.; M. G. Newell, Minn.; A. A. Colgrove, So. Dak.; W. L. Gilmore, Ind.; Mrs. Marke Oppenheim, Mich.; George T. Lay, O. B. Potter.

"God hath not promised
Sun without rain,
Joy without sorrow,
Peace without pain.
But God hath promised
Strength from above,
Unfailing sympathy,
Undying love."

No labor, pains, temperance, poverty, nor exercise must be grudged that can gain health.—
Emerson.

HAPPINESS

Mr. McGuire (to hospital attendant)—Phwat did ye say the doctor's name was?

Attendant—Dr. Kilpatrick.

Mr. McGuire—Thot settles it. No doctor wid thot cognomen will git a chance to operate on me—not if I know it.

Attendant—Why not?

Mr. McGuire—Well, ye see, my name is Patrick.—Judge.

PARENTS of Wayne, a suburb of Philadelphia, are required to report promptly any case of contagious disease, in compliance with the regulations of the local board of health.

In accordance with this order, Health Officer Leary received this post card recently:—

"Dear Sir—This is to notify you that my boy Ephraim is down bad with the measles as required by the new law."—*Harper's Weekly*.

"Only in proportion as our own will is surrendered are we able to discern the splendor of God's will."

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THE BATTLE CREEK IDEA

VOL. II, No. 13.

BATTLE CREEK, MICH., MARCH 4, 1909.

PRICE, 2 CENTS.

FAMOUS AUTHOR AND LECTURER VISITS HERE

Mr. George Kennan Whose Investigations of Russia's Exile System Brought Him Fame, Needs Rest

WILL FOLLOW BATTLE CREEK IDEA

MR. GEORGE KENNAN, author, traveler and lecturer of world-wide fame, is resting at the Sanitarium, having arrived on Tuesday, coming immediately from Boston.

Mr. Kennan first came into public notice on his return from Russia in the early seventies, at which time he lectured upon his explorations in that country, where he went to superintend the construction of the middle division of the Russo-American telegraph line. In 1885-6, accompanied by the artist G. A. Frost, he accomplished a journey of 15,000 miles through Russia and Siberia, investigating the Russian Exile system. His accounts of this trip, the visits to the prisons—the personal stories of the exiled, (Continued on page 6)

DR. WILFRED T. GRENFELL TO MAKE WESTERN TRIP

Famous Medical Missionary to Interest West in His Work Among Fishermen

HIS TWO BOOKS NOW READY

DR. WILFRED T. GRENFELL, medical missionary to Labrador, whose splendid philanthropic work among the deep sea fishermen has won him world-wide praise and recognition, is about to start on a western tour which will include the Pacific coast cities and those of northwestern Canada. He will endeavor to interest people in the work he is doing for the fishermen and their families—a work to accomplish which he has foregone a brilliant career. Eastern publishers announce the publication in the fall of a new collection of short stories of Labrador life by Dr. Grenfell, and sometime this spring the five lectures on "Missions" which Dr. Grenfell delivered at Princeton University will be published.

Dr. Grenfell is a member of the Advisory board of the American Medical Missionary College and on the occasion of his last visit here, about a year and a half ago, he gave an address before Sanitarium guests and college students.

His unselfish devotion to the poor and isolated folk of Labrador and his splendid achievements in the midst of hardships has been a constant inspiration to the medical missionaries in training here.

RACE DETERIORATION AND SCHOOL HYGIENE

Dr. Kellogg Reads Paper on This Subject Before National Congress Held in Chicago

THE TEACHERS' OPPORTUNITY

RACE deterioration and its relation to conditions of school life were discussed by Dr. J. H. Kellogg in a paper read before the third congress of the American School of Hygiene Association held last week in Chicago. The doctor pointed out the indisputable evidences of race deterioration and made suggestions for checking the tendency, asserting that teachers had a power to inculcate and enforce principles of

WRITERS' CRAMP: ITS CAUSES AND TREATMENT

Dr. W. H. Riley in a Sanitarium Lecture Tells of This Nervous Disorder

DUE TO OVERWORK

(Continued from last week)

"In addition to these symptoms which are localized in the hand and arm there are usually other symptoms which indicate some weakness of the whole nervous system. We have already said that this disorder is usually grafted upon a condition of nerve exhaustion, and so, of course, in addition to the local symptoms, we have the constitutional symptoms of nerve ex-



The Congress of nations held in the Sanitarium Gymnasium last week proved to be one of the most elaborate and successful entertainments of the season. The display of rare curios and the presence of natives of the several foreign countries were interesting features. The proceeds of the entertainment will go to found a permanent missionary museum in the fifth floor parlor.

right living that was held by no other set of professional men and women; that through them the great tidal wave of degeneracy might be stayed if they but realized the sacredness of their opportunity.

In summing up the evidence of race degeneracy Dr. Kellogg mentioned the fact that among biologists it was recognized as a general law that the premature decay of hard structures of the body was an indubitable evidence of race decay and called attention to the fact that now it was very rare to find a person thirty years of age or over who possesses all of his thirty-two teeth in sound condition. Other evidences were the great increase in eye disorders, the increase of insanity and all forms of brain diseases and the conspicuous increase of all chronic disorders—indicating diminished power of resistance, and finally diminished longevity.

"With these facts before us," said the doctor, "it is manifestly the duty of those who are studying these questions of general interest to the race to seek earnestly to discover the causes

haustion and neurasthenia, such as general nervousness, general muscular weakness, lack of endurance, fatigue, feeling of exhaustion, insomnia, nervous irritability, mental irritability and depression, emotional excitement, disturbance of digestive tract, disturbance of the circulatory system and other symptoms which are present in nervous exhaustion. When this disease is associated with some other disease, such as migraine, locomotor ataxia or hemiplegia or any other disease, of course, we will have the symptoms of the disease with which the writer's cramp may be associated.

"Writer's cramp may be taken as a type to illustrate many other disorders which are produced by other occupations besides that of writing. There is a long list of disorders which are usually described as the 'occupation neuroses' or diseases of the nervous system which are due to some particular occupation. The cause of these disorders and their character is the same in all cases, but the disease shows itself in different ways, and is caused by different occupations. The cause in all cases is an

excessive use of certain muscles and the condition in all cases is one of extreme fatigue and exhaustion.

"DIAGNOSIS: The physician should distinguish this disease from the beginning of paralysis agitans. Paralysis agitans may begin in the right arm, and the symptoms are somewhat similar to those I have explained. It should also be diagnosed from the organic disease of the nervous system, cerebro-spinal-multiple-sclerosis. Also from a certain form of paralysis known as mono-plegia, where one arm, as the right arm, may be paralyzed; also from hemiplegia, another form of paralysis, where one lateral half of the body is paralyzed, particularly the arm and leg. Writer's cramp, by the way, may be grafted upon hemiplegia or monoplegia as a secondary trouble. It should also be diagnosed from ordinary forms of neuralgia and neuritis.

"PROGNOSIS: The prognosis of a disease is the foretelling the outcome of the disease; that is, it has to do with telling whether the patient will recover from the disease or whether if not he can be benefited. The prognosis of writer's cramp, especially in the recent cases where the disease has not existed for any great length of time, is favorable, providing the patient will stop writing and have the proper treatment. In a long continued case, where the disease is well established, the outlook for recovery is not so good.

"TREATMENT: A very important element in the treatment is rest. In fact, it is practically useless to attempt to treat a case of writer's cramp successfully unless the afflicted parts can have complete rest. By rest in this disease we mean that the individual must stop writing. This forms a very important part of the treatment. This sometimes is a difficult thing to do, as the individual is depending upon his labor perhaps for his livelihood and cannot change his occupation very readily. In an event of this kind rest may be obtained to some extent by the individual learning to write with the other hand or by learning to write with the typewriter, and by the use of a penholder with a large handle, or by using certain braces and other means which may give rest to the parts involved; in more recent times, since the use of gold pens has become more general, there are fewer cases of writer's cramp, and so the gold pen or the quill is much preferable to the stiff steel pens. It should be stated, however, in this connection, that sometimes the individual who may learn to write with his left hand may develop the disease in the left hand. Here again is another expression of the nervous weakness of individuals who usually suffer with writer's cramp.

"Other means that may be used in treatment is the use of electricity; the sinusoidal or galvanic current applied to both the afflicted arm and along the spinal column. This treatment when properly used by an intelligent physician has in many cases seemingly done much good. The use of massage and special passive active movements to the muscles of the arm is also very good. The patient is instructed to perform certain movements against the resistance of the masseur and in this way they are strengthened and very excellent results have been reported by Dr. Wolf from the special manual movements applied in this way.

"Another very important means of treatment is the alternate application of heat and cold to the arm that is suffering from writer's cramp. The alternate application of heat and cold stimulates the circulation of blood through the muscles and through the different parts of the arm, improves the nutrition of the muscle, relieves the abnormal sensations and the pain, and does very much good.

"While the local treatment to the afflicted

member is important, general treatment to the body as a whole is of scarcely less importance. The patient suffering from writer's cramp should be free from all mental and physical strains and disturbances of all kinds. He should live an out-door life as much as possible; should be out in the air and sunshine every day for several hours. Should have plenty of good, wholesome food, and careful attention should be given to the stomach and bowels. Poisons absorbed from the alimentary canal often irritate the nervous system and may make any nervous trouble worse. All of these should have careful attention. The use of alcohol, alcoholic liquors, tobacco, tea, coffee and all unwholesome food should be carefully avoided.

"General tonic hydrotherapy in the form of cold-mitten frictions, hot and cold douches over the body generally and along the spinal column are most excellent; also general massage to improve the condition of the nervous system. Some drugs are recommended to improve the tone of the nervous system, but these have little value in treating this disease. The intelligent use of rest, proper diet and out-door life, tonic hydrotherapy, local applications of heat and cold to the arm, electricity in its varied forms, massage, manual Swedish movements—these are the remedies which promise most in the treatment of writer's cramp. These remedies, of course, can be most successfully used in a well organized and well equipped institution and under the direction of a physician of experience in dealing with this class of diseases.

"The most common of these *occupation neuroses* in addition to Writer's Cramp, are Pianist's Cramp, Violinist's Cramp, Tailor's Cramp, Shoemaker's Cramp, Milkmaid's Cramp, and a large list of others belonging to this class. In fact, if one visits our large cities, particularly the factories of the New England cities, he may see quite a number of persons who suffer with this *occupation neurosis* as the result of performing some particular movement excessively for a long time, and thus causing exhaustion of certain centers in the nervous system, producing symptoms similar to those which are usually described under the head of Writer's Cramp. The treatment for all of these is the same as that for Writer's Cramp."

RACE DETERIORATION

(Continued from Page 1)

which underlie this terrible movement. That some of these may be found in the schoolroom is evidenced by the considerable effort which has been made in recent years to better the conditions of school life and by the fact of the very existence of this most useful Association.

"Thousands of practical men and women fully recognize the fact that the boy or girl who has spent four years in dilettant study in the high school is very little better prepared to enter upon the life duties of the average man or woman than at the beginning of the course. In fact, large numbers are rendered actually less fit after graduation for the work which they are to do in the world than when they entered the course. The general tendency of the course is to weaken initiative, to impair originality, to lessen both the aptitude and the disposition to engage in manual pursuits which the majority of men and women must follow for a livelihood.

"The weakest point of all is the neglect to instruct pupils in those things which are of most vital consequence to each one individually, to the nation, and to the race. The instruction in physiology and hygiene is of the most elementary and inefficient character. It is important for the child to acquire a good command of his mother tongue. He must learn how to ex-

press himself well in both written and spoken language; but it is far more important that the pupil should learn how to make the most of his constructive faculties through the use of his hands guided by good judgment, practice, thought, and sense, backed up by a patient, industrious disposition. It is especially important that he should know how to preserve his health and how to avoid disease. It is perfectly proper to go further and say that every intelligent person should know enough of the care of the body and of disease to be able in an emergency to apply sensible and appropriate measures, at least temporarily, until professional services may be secured.

"It would certainly seem reasonable to demand that every person who lays claim to liberal culture or who holds a university degree in any department of learning should possess as an essential element of knowledge without which no person could lay claim to being learned, a fair knowledge of anatomy, a thorough knowledge of physiology, and a very thorough knowledge of public and individual hygiene. No woman should be allowed to graduate from either high school or university without having received thorough instruction in the care of children, a subject which is altogether ignored in the training of the schools and for which so inadequate provision is made that the majority of women are compelled to enter upon the duties of motherhood with almost no practical instruction whatever respecting the proper discharge of the duties which they have assumed.

"In my professional work I have met some hundreds of men and women who are college or university graduates but who were broken down in health because of lack of knowledge in relation to some of the simplest and most important facts pertaining to the care of their bodies.

"The school life of the child comprises the developmental period during which a foundation is being laid for a life of vigorous and efficient activity or for a crippled life of invalidism. The investigations of William James, Irving Fisher, and Horace Fletcher have shown the enormous possibilities of increase of human efficiency. In the light of their researches and of multitudinous facts of common knowledge, there can be no doubt that by far the great majority of men and women enjoy only to a very small degree the mental and physical activity to which their natural endowment entitles them.

"Any movement whereby the masses are to be reached and their mode of life materially modified must have its center in the schoolroom. The public school is at the present time the greatest factor in the building of character. Teachers are coming to realize more and more the sacredness of their opportunity, and not a few teachers are grasping and improving the great privilege which the burdens of the schoolroom bring to them. My earnest plea is that the teachers shall recognize and lay hold of the opportunity so manifestly theirs to give such attention to the inculcation and enforcement of the principles of right living, of physical righteousness, as shall secure to the pupils who come under their charge that degree of physical fitness and efficiency which is necessary to back up and make available the mental and moral training which it is their recognized duty to impart. In doing this the teaching profession may accomplish that which no other profession and not all the professions together can accomplish. This great and noble profession may, indeed, stay and roll back the great tidal wave of physical degeneracy which is sweeping in upon the modern civilized world and may save the race from that physical degeneracy and ultimate decay and extinction which today stares us in the face as an inevitable calamity."

An Evening in the Life Boat Mission

Battle Creek Idea Readers Are Given a Glimpse of Mission Work in Chicago
Plague Spot As Carried on By Sanitarium Workers

It was Saturday night.

In the Life Boat Mission, down on the famous "levee," one of the toughest districts in Chicago, services were about to begin. Outside there was the clang of the street cars, the hurrying tread of hundreds of passers-by, the shrill cries of newsboys and the rumble of vehicles on the paved street; from across the way came the strains of a popular waltz song played on a street piano, while a near-by saloon was attracting trade with rollicking songs on a phonograph. Within there was a calm like that which comes in quiet churches—the hush before the prayer.

A little group of men and a few women had gathered—drawn thither by as many varying impulses as there were individuals, probably—some had been in the habit of coming for years, others came because it was warm and offered shelter from the inclemency of the winter night;

familiar gospel song—"Throw Out the Life Line," in which the audience joined in spirited fashion. It was evidently familiar and a favorite. The strains wafted out on the busy street soon brought in others and the little room was crowded by the time the several opening hymns were sung and the simple service begun. The leader introduced the speaker of the evening, an earnest young man of the Dunkard faith, who told a gospel story in a simple, straightforward, earnest way that won his audience; then after more songs the leader asked for testimonies from the audience, and there then followed stories of life struggles, of regeneration from lives of sin and degradation through the power of Jesus Christ, that thrilled the hearers through and through.

The first to testify was a gray-haired man, who said very gently and very simply that he

lives that our Maker would approve of. And I want to praise him for his goodness right here before you all and recommend the peace and joy that comes to one through the acceptance of his salvation."

He had hardly finished speaking before the man in a uniform sprang to his feet and began repeating the first Psalm: "Blessed is the man who walketh not in the counsel of the ungodly nor standeth in the way of sinners nor sitteth in the seat of the scornful." Upon finishing the psalm he told, with a marvelous flow of language, the story of his own conversion, of the trials that had beset him and of the sweetness he got out of a life lived for the Master. Vivid word pictures, replete with expressions which proved that he had steeped his soul in the beautifully expressed promises of the word of God, coupled with his sincere and earnest delivery, made a deep impression on his audience and brought the hot tears to more than one pair of eyes.

Immediately following him another man arose and said fervidly: "I too am thankful and can say that there is sunshine in my soul tonight because of Jesus Christ." And at that, like a wave over the audience went the familiar hymn, "Sunshine in My Soul," and verse after verse was sung. At the close, a well-known Christian prison worker from New York spoke briefly of her experience and said she wished to recommend the Christ life for this world—that those who accepted it did not wait till after death for a full appreciation of their reward, but got it daily, hourly.

Then on the opposite side of the room arose a tall, angular man whose speech was painfully impeded by a stutter, but he told his story with a firmness and a sweetness that made his hearers forget for the time being the impediment. He told of the longing that had been in his heart for years for something better than he had—of how he had drifted up from El Paso, and one night when wandering down the levee he had passed by the Mission. "The Life Boat had a line out, and Brother Johnson was on the other end of it," was his graphic way of describing his first entrance. The "Brother" referred to was one of the most active workers in the Mission—a man whose influence is proving to be a powerful one for good and who but eight months ago had sunk so low that he could not "tend bar"—his former occupation. While half drunk one night he had lured into the Mission thinking it was another saloon, and as he left after the service he had been given a handshake and a "God bless you," by some one there. "The next night I came back," said he, in giving his testimony; "I wanted to feel that hand agin' and find the fellow that had given me the first 'God bless you' I had ever heard in my life. I was sober that night and I got hold of something that, please God, will never leave me so long as life shall last. I tell you fellows, when I came here eight months ago I was down and out. I didn't have a cent nor enough clothes to cover me—I was that low down nobody would take me to work; I had butted up agin' a stone wall in a jail many a time, and nobody but Jesus would a thought I was worth savin'. I want to tell you that I haven't never wasted a minute since I was saved. There ain't hours enough in the day for me to do the work that I want to do for the Lord of us all. I've stopped drinking, and gamblin' and swearin'—them things don't interest me any more than as if I never had known about 'em. I've got a good job with the Y. M. C. A. at \$50 a month—that was the first thing Christ did for me after he saved me. I didn't have nothin', as I told you, and he hands me out a fifty-dollar job the next day and says: 'Now see what you can do for me.' If Jesus is for us, I want to ask you

(Continued on page 5)



one young boy in a state of semi-intoxication had evidently mistaken the place for a saloon and lunched in in search of more "cheer." There was an Italian fruit vender in one corner with her black-eyed baby nodding in her arms; across from her sat a white-haired man who looked as if he had seen better days and had known grief and desolation. Near him was a man whose half-open overcoat revealed the uniform of a conductor, and in front of him sat two men, well dressed and seemingly out of place in such an assemblage.

On the walls of the room hung texts—short, easily remembered and comforting; while in front at the rear of the platform hung a handsome reproduction of the beautiful "Christ in Gethsemane" by Hoffman. The exquisite purity of the upturned face, the attitude of prayer, the atmosphere of sanctity which surrounded him could but have an influence for good on the beholders.

The room was well filled by the time appointed for the service, and the leader, who for the past ten years has nightly conducted this work, mounted the platform and started the

thanked God for another week of victory. "He has kept me sweetly all through the hard day," said he. "It was thirty-eight years ago that I gave my heart to him, and the joy and the satisfaction that that relationship has brought me I can never be able to express in words. It is the best thing that any of you will ever be able to get in this life. If you live to be 100 you will never be sorry that you gave your heart to Christ. Anything the devil ever gave you is a curse to you. I speak from out a long experience." When he was seated the leader sprang to his feet and started in singing vigorously "There is Honey in the Rock," and the others joined in with a gusto, and in the pause that followed, one of the well-dressed men aforementioned arose and with his face shining, said: "I want to say that I envy that man his thirty-eight years of blessed experience. I have had only eight weeks of it. It was only eight weeks ago that I and my partner here were known along this levee as the best single-handed booze-fighters to be found. But we have put that all behind us—it didn't pay, and we are both trying to live clean, decent lives—

THE BATTLE CREEK IDEA

PUBLISHED WEEKLY AT
BATTLE CREEK, MICH.

SUBSCRIPTION RATES

One Year	\$1.00
Six Months	.50
Three Months	.25
Per Copy	.02

VOL. II MARCH 4, 1909 No. 13

TO AID CONSUMPTIVES

THE announcement that Mrs. W. K. Vanderbilt, Sr., is about to erect a group of strictly hygienic tenement houses for the use of families in which there are tubercular cases is bringing forth well deserved expressions of gratitude and admiration not alone from the people who hope to be directly benefited but from the medical world and the public generally which is interested in the world-wide movement to stamp out the white plague. Mrs. Vanderbilt has been working quietly for years along this line and knows of the conditions from personal investigation.

Her object in erecting these model tenements is not only to aid in the fight against tuberculosis but to show that tenements erected on hygienic principles are actually a paying investment. One authority asserts that it will be possible to make these houses pay seven per cent. Mrs. Vanderbilt, however, is not aiming for profit. She wishes it understood that it is in no sense a charitable scheme. It is in the nature of an experiment which she hopes will prove effectual in helping to eliminate the disease.

The New York Times describes the scheme as follows:

"At the cost of nearly \$1,000,000 Mrs. Vanderbilt will erect a group of four tenement houses on eighteen lots at Seventy-seventh and Seventy-eighth streets, between Avenues A and B. They have been designed by Henry Atterbury Smith, 1,181 Broadway, along the ideas of Dr. Henry L. Shively of the Tuberculosis Clinic of the Presbyterian Hospital. They will accommodate from 350 to 400 families, and will obviate the necessity of sending away to sanatoria many tubercular cases by giving them a chance of being cured in their own homes.

"Each of the four tenements will be built in the form of a hollow square, with a court 30 by 31 feet in the center, which will be decorated with turf and flowers. To enter an apartment the tenants will have to go through the archway leading into the court, and then up one of the four staircases built in the corners of the court.

STAIRWAYS IN OPEN AIR.

"These staircases are to be open to the air. Dr. Shively explained yesterday that in the climate of New York, which is really subtropical, there will be no danger whatever in having these staircases open. He claims no originality for them, as they are common in European countries, but he believes that they will be most

effectual weapons in the fight against tuberculosis.

"There will be no dark entries," he said. "They will eliminate the ill-smelling, disease-breeding, common halls. Every staircase will run to the roof and every apartment will open directly off a staircase."

"The second special hygienic feature of these tenements is the use made of the roofs. At the Presbyterian Hospital and the Vanderbilt Clinic this has already been done, and work along similar lines has been undertaken by the establishment of a day camp for tubercular patients on one of the disused ferry boats at the foot of East Ninety-first street.

"On the roofs will be erected comfortable loggias. Windbreaks of glass will be set up on the north side. The floors will be tiled. Shrubs will make the place bright and steamer chairs will be set ready for the tenants. Toilets will also be provided for men, women and children.

"It is hoped by this means to encourage the open-air life of the people to the utmost extent. They will be able to enjoy fresh air without going to institutions, and a great deal of expense will be thereby saved to them.

"Every apartment is to be provided with a balcony. The tenements are to be six stories high and a row of balconies is to be erected for each story. To give access to them the windows will be built in three sections, so as to open from the floor to the ceiling. Tenants may sleep out on them, or, if the windows are thrown open to the top, the balconies will be practically incorporated in the rooms.

"For the ventilation of the rooms it is planned that every apartment shall have windows opening on to both the interior court and the exterior of the tenement house. By this means it will be possible to obtain a regular stream of air through an apartment at any time. The apartments will be from two to five rooms each. They will conform with the tenement house regulations and contain from 70 to 120 square feet each. It is hoped that it will be possible in every case to install a bath, a shower if not a tub being always practicable. Gas rather than coal ranges will be provided in order to get rid of the trouble of handling ashes."

FRUIT VERSUS FLOUR

THE Vienna correspondent of the *Journal of the American Medical Association* says that the remarkable weather of last spring and summer has, according to the reports of the ministry of agriculture, caused an unusual fall in the consumption of wheat and other flour in this country, because the supply of fruit was so abundant that in many districts it completely took the place of bread. The lower classes especially profited by these conditions; apples, pears, and plums actually formed the chief nourishment of many thousands of people. Even in the towns, an unheard-of amount of fruit was consumed. In medical circles the excellent state of the public health prevailing since August is attributed to this accidentally adopted fruit diet.

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Classes are organized April 1 and October 1. Applications are received whenever vacancies occur.

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THE LIFE BOAT MISSION

(Continued from page 3)

who can be agin' us? I'm not ashamed to testify as to my old life or fer what wondrous things God has done fer me, and the rest of my life I expect to spend in helping other fellers as is as down as I was to find the straight an' easy way."

The man, through his knowledge of the territory and the lives men live in that section, has done a marvelous work of rescue in the past few months. Every night finds him at the Mission and every Sunday morning at the Harrison Street Police station where services for the prisoners are held by a little group of consecrated Christian workers, some of whom, like Johnson, have come up out of the mire.

The Life Boat Mission, started sixteen years ago in a basement in old Custom House Place, by Dr. J. H. Kellogg, is, next to the Pacific Garden, the oldest mission in Chicago and has



MR. E. B. VAN DORN, WIFE AND DAUGHTER

been the means of reconstructing thousands of lives. For the past twelve or thirteen years it has been on State street, where it opened under the management of John Callahan, now in charge of one of the largest missions on the Bowery, New York. Later Dr. David Paulson did much active work, and under his editorship the news organ of the Mission—"The Life Boat"—has grown to be a magazine wielding wide influence, particularly among the prisoners in the various state prisons.

For the past ten years E. B. Van Dorn has superintended the work of the Mission, holding services nightly and doing a splendid personal work among the men with whom he comes in touch. One of the phases of the work developed by him is an industrial farm where men who need to be taken from their old surroundings are given a chance to work out their salvation "near to Nature's heart." The farm is fifteen miles outside of Chicago and the men are given light work, good food and are surrounded with Christian influences.

QUESTION BOX
DEPARTMENT

EACH Monday evening, Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. Is the circulation impeded by bending the legs?

A. Yes, to some degree.

Q. Are children whose parents have neurasthenia inclined to have the same trouble?

A. Yes, because the person who has neurasthenia is a weakened organism. A man who has neurasthenia is a weak man. The woman with neurasthenia is a weak woman. These persons have lost their natural vital resistance; they have been probably poisoned by these toxins we are talking about, until their vital resistance has been depreciated and their organism deteriorated; and the consequence is their offspring must also be more or less weakened. We do not inherit diseases, but almost every case of constitutional feebleness, in a child, may be traced back to some physical deficiency in the mother.

Q. Are dextrinized foods more or less apt to produce fermentation?

A. They are less apt to produce fermentation.

Q. Are crackers a good substitute for bread?

A. The ordinary crackers that you buy in the store cannot be recommended. They contain a large quantity of lard and yeast, and they are imperfectly baked.

Q. What is the comparative food value of North Dakota wheat and wheat raised in other sections of the country?

A. The food value is just the same. One may contain a few more calories of protein than another, but the actual food value is just the same.

Q. Is not sugar or maltose used in dextrinizing the Kellogg cereal preparations?

A. Malt honey is used.

Q. Is it better or more healthful to sleep outdoors or to use the Walsh window tent?

A. I don't think it is material. One does not have to sleep outdoors; all he wants is outdoor air. If you can sleep with your windows wide open, I think it is practically just

The record of one month—that of January—indicates something of what is accomplished at the Mission. During the month there were thirty-one Bible meetings, at which there was an attendance of 1,910. Three hundred and seventy-two persons gave their testimonies and seventy requested prayer. Ninety homeless men were provided with beds, and one hundred and eleven meal tickets were given. The Mission is but one of many enterprises started and carried on by Sanitarium workers. Sketches of the Life Boat Rescue Home, the A. M. M. C. Dispensary and the jail work will appear from time to time in THE IDEA.

the same as sleeping outdoors—if you have got enough fresh air.

Q. What is your opinion about Dr. Edward Hooker Dewey's idea of curing disease by fasting until the return of the normal appetite, such an appetite not returning sometimes for forty or more days?

A. It is unphysiologic, and it is dangerous, and it is above all absolutely unnecessary.

Q. Is veronal a comparatively harmless drug to induce sleep?

A. There is no such thing as a harmless drug to induce sleep. Every single drug is harmful. As a matter of fact, there is no drug which is less harmful than whiskey, and that is harmful enough. Veronal is bad, and whenever the doctor uses it he can see the bad effects the next morning. And the patient can see the bad effects, in the loss of appetite, the bad breath, and the bad taste in the mouth, all of which indicate mischief.

Q. What food or drink most quickly restores wasted vitality? Does grape juice?

A. There is no such thing as a medicinal food. Take the food your stomach calls for and will digest, and that is best for you.

Q. What is the cause and cure of baldness?

A. Germs cause it. It is an incurable disease when you have got a smooth and shiny pate; there is no cure for it. The actinic ray is good when it first begins.

Q. Will a headache powder composed of 5 grains of phenacetin and 1 of caffeine harm any one? Will it increase blood pressure?

A. Indeed it will. It will not only harm you, but if you take enough of it it will make business for the undertaker. It will increase blood-pressure.

Q. Right habits of diet are easy at Battle Creek, where everything is figured out, but what are we to do to best carry out this idea in the ordinary boarding house?

A. Reform the boarding house. And you really will be surprised to see that is not such a hard thing, as you think it is. Just begin by setting a good example. Don't be ashamed to be odd.

Q. Which contains the most nutrition, cornmeal bread, graham bread, or entire wheat bread?

A. Really, the difference in the amount of nutrient material contained is very small; it is essentially the same in them all, that is, if we eliminate the water. The whole-wheat bread contains a slightly larger proportion of protein, but the difference is not great.

Q. I am troubled with an unnatural flow of saliva. My health is good, and I have never used drugs of any kind. Please give the cause, also the cure.

A. Now, an excessive flow of saliva is sometimes due to the irritation of the sympathetic or the pneumogastric nerve. It may be connected with hyperacidity or irritation of the stomach, or it may be due to small sores in the mouth; a little irritation of the mouth or the tongue is a frequent cause of it.

THE MEDICAL MISSIONARY

A religious-health paper for missionaries and for the family. Weekly edition 16 pages. Monthly edition 32 pages with cover. Illustrated. Both editions 75 cents per year. Send for sample copies giving special combination terms. Address:

Medical Missionary, Battle Creek, Mich.

FAMOUS AUTHOR VISITS HERE

(Continued from page 1)

hundreds of whom were innocent of any crime, made a story of compelling interest and was awaited from month to month by thousands of readers of the *Century Magazine*. The publication created a furore of interest and on Mr. Kennan's return he lectured both in this country and Great Britain on his Siberian experiences.

Since then he has done other notable work. During the Spanish-American War he visited Cuba with the Red Cross Society as special commissioner of the *Outlook*. In 1902 in company with a party of scientists he explored Mt. Pelée, Martinique, and the scene of the St. Pierre disaster. He went to Japan during the recent war and was in the siege of Port Arthur; returning by way of Port Said he investigated Vesuvius in the interests of the *Outlook*. He has no plans for the immediate future but intends to remain at the Sanitarium until restored to his usual strength. He came here directly from his summer home in New Brunswick. Although not his custom, he remained in New Brunswick all through the fall and winter, returning to the United States only last month, on account of a nervous breakdown which he underwent last fall, while translating the memoirs of Gen. Kuropatkin for the use of *McClure's* magazine. The long rest even then proving unavailing to completely restore him, he determined to try Battle Creek methods to regain his efficiency.

"I shall give up smoking and all the rest of my bad habits," said he, laughing, "and strictly follow the Battle Creek idea."

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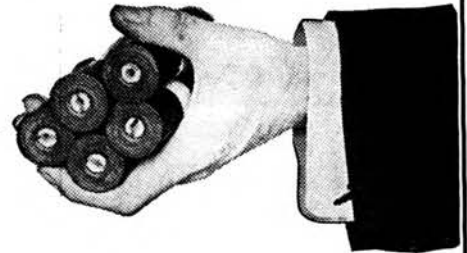
M. BROGAN, 74 W. Main St.

CHILO, having had the question put to him, "What is difficult?" said: "To be silent about secrets; to make good use of one's leisure; and to be able to submit to injustice."—*Seneca*.

Go to your bosom; knock there, and ask your heart what it doth know.—*Shakespeare*.

He always wins who sides with God—
To him no chance is lost;
God's will is sweetest to him
When it triumphs at his cost.
Ill that He blesses is our good,
And unblest good our ill;
And all is right that seems most wrong,
If it be His sweet will.
—F. W. Faber.

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PERSONALS

Mrs. J. B. Warren of Holly, Mich., is a new patient.

Dr. I. C. Foster of Albion, Mich., is a patient here.

Miss Anna Conley of Boston is resting at the Sanitarium.

Mrs. M. Lichtenstein of Dallas, Tex., is a patient here.

Mr. P. J. Riley of Cincinnati is among the week's arrivals.

Mr. Adam Vogt of Louisville, Ky., is a newly arrived southern patient.

Dr. J. H. Kellogg spent a few days in New York this week on business.

Mrs. I. A. Smith of Huntington, Ind., is resting at the Sanitarium.

Miss Adaline E. French of Medina, O., is a patient at the institution.

Mr. E. W. Henley of Richmond, Ind., is here for rest and recuperation.

Mr. and Mrs. Walter C. Mack of Ann Arbor are resting at the Sanitarium.

Dr. and Mrs. Earl S. Sloan of Boston are recuperating at the Sanitarium.

Mr. and Mrs. J. W. Mayhew of Columbus have returned for further treatment.

Mrs. E. C. Schweitzer of Chicago is taking rest and treatments at the Sanitarium.

The Rev. E. A. E. Palmquist of Connellsville, Pa., is sojourning at the Sanitarium.

Mrs. H. W. Alden and Mrs. M. C. Green of Canton, O., are recuperating at the Sanitarium.

Mr. A. D. Hagerman of Loraine, O., spent Sunday with Mrs. Hagerman, who is a patient.

Mr. J. A. Sheldon, a cousin of Mrs. M. S. Foy, is a patient here. His home is in Ludington.

Mr. and Mrs. W. Cantwell of Charleston, W. Va., are newly arrived patients at the Sanitarium.

Messrs. John Steckart, Jr., and M. E. Lee of De Pere, Wis., are new patients at the Sanitarium.

Mr. Donald G. Fraser came up from Chicago Tuesday to accompany Mrs. Fraser and little sons home.

Mr. H. H. Wilson, a well known civil engineer of Brown Station, N. Y., is resting at the Sanitarium.

Mr. D. K. Butterfield of Hartford, Wis., is a newly arrived patient. He was accompanied to the Sanitarium by his father, United States District Attorney H. K. Butterfield of Milwaukee.

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Mr. and Mrs. C. A. Prettyman of Knox, Ind., arrived this week. Mrs. Prettyman will remain as a patient.

The Rev. W. F. Mathewson, a returned missionary from Japan, spent a few days at the Sanitarium the past week assisting in the Congress of Nations.

Mr. C. D. Whitmore of West Newton, Mass., is one of our most recent eastern visitors. He will remain for treatment.

Mr. Henry Strome accompanied his daughter Miss May Strome to the Sanitarium this week. Their home is in Warsaw, O.

The Rev. M. C. Wilcox, missionary to China, who has been sojourning at the Sanitarium the past few weeks, returned to Iowa Monday.

Miss Mary Brookbank of Bellevue, Ky., is a patient here. She was accompanied to the Sanitarium by Dr. D. D. McDougall of Cincinnati.

Mr. Charles Sutton, after a stay of several months at the Sanitarium, left recently for his ranch in Minnesota. Mrs. Sutton will remain for a few more weeks.

Mrs. W. B. LaForce, who has been spending several weeks here during the illness of her husband, Dr. LaForce, returned on Monday to her home in Iowa. The doctor will remain for further treatment.

Mr. Lafayette Young of Des Moines, Ia., well known in the political and journalistic world, spent a few days here this week with Mrs. Young, en route to Washington, where he went to attend the inauguration of President Taft.

News Notes

Mrs. Mary S. Foy has returned from her vacation spent in Colorado.

Mr. and Mrs. D. H. Gray of Armona, Cal., visited Dr. and Mrs. J. T. Case this week.

Dr. Carrie G. Staines was called to her home in Fenwick, Mich., this week by the illness of her mother and her aunt.

Mr. L. B. Kerr of Honolulu, Hawaiian Islands, paid a visit to his daughter, Dr. Elizabeth Kerr-Harris, this week. Mr. Kerr is a prominent merchant of that city and has been in the east buying stock.

Miss Aldrich returned this week from a two months' vacation spent with relatives and friends in Boston and environs.

Next Tuesday evening the Battle Creek Ladies' Orchestra will give a program for the pleasure of Sanitarium guests and employees.

The Seventh Day Baptists Young People's society held a social in West Hall parlor Wednesday night. A musical and literary program formed the entertainment, which was much enjoyed by those present.

The Calhoun County Medical Association held its quarterly meeting in Marshall Tuesday. The program comprised a symposium on Anesthesia in which two members of the Sanitarium staff participated, Dr. W. H. Riley and Dr. Benton Colver.

The monthly Helpers' Meeting was held in the Sanitarium chapel Wednesday night and was largely attended. The annual reports were read by Mr. Wentworth. Dr. Charles Stewart spoke on "The Temperance Issue," and Dr. Morse closed the program with a talk on "The Medical Department."

Gilbert McClurg gave his travel talk, entitled "O, Brave New World of Texas," in the Sanitarium gymnasium Tuesday evening before a very large audience. The speaker gave a thrilling description of the early days, the defense of the Alamo, the bravery of Austin, Houston, Crockett and other heroes of that period, described the beauties of the Spanish missions and told of the great commercial possibilities of the state. The lecture was adequately illustrated by the stereopticon.

The Battle Creek Diet System

For thirty years the Battle Creek Sanitarium has been curing sick folks by regulation of diet and other physiologic means. The diet system which has been developed is recognized as the chief factor in the building up of the world-wide reputation of the great institution.

We have prepared an interesting illustrated booklet which tells about this unique system and how to introduce it into every home.

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Members of the nurses' training class who have just finished a course of instruction under Dr. Louie Vandervoort entertained in her honor on Saturday night in West Hall parlor. There was a literary and musical program and dainty light refreshments were served.

Dr. E. H. Risley has moved into his new residence in Oak Lawn. Both Dr. Barnhart and Dr. Mortensen have purchased lots in that vicinity recently and will eventually build upon them. This will make the section almost exclusively a Sanitarium subdivision. On the edge of the city surrounded by fine oak trees, it offers an unusually fine opportunity for prospective buyers.

A large audience greeted Miss Ruth Hemenway on Saturday night when she appeared in a dramatic reading of Justin McCarthy's "If I Were King." The interest of the audience was sustained throughout the play, which was given with fine discrimination and dramatic fire by Miss Hemenway, whose talent has on two other occasions afforded delightful evenings for Sanitarium audiences.

At a meeting of the Literary Society held Monday night the debate on the question of exclusion by the United States government of European emigrants aroused keen interest. The negative side, upheld by Messrs. Quayle, Starr and Ikedah, was given the decision by the judges. At the next meeting the debate will be upon the question: "Resolved, That the government of the United States is deteriorating."

Mrs. Charlotte Ewing, interpreter and dramatic reader of Grand Rapids, will give an evening of miscellaneous readings at the Sanitarium Saturday night. The readings will be given in the parlor, following the gymnasium drill. On the same evening George C. Tenney and son Ivers C. Tenney will give the third number on the Sanitarium lecture course: "There is a Right Way and There is a Wrong Way." The lecture will be illustrated in crayon by Ivers Tenney.

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ARRIVALS

THE list of arrivals for the week ending Feb. 29 is as follows: Charles G. Prettyman and wife, Ind.; Alex. Crisman, O.; George T. Lay, Ill.; W. F. Matthevson, Japan; E. P. Conley, Ill.; Ira E. Smith, Ind.; John Stickart, Jr., Wis.; M. E. Lee, Wis.; M. S. Weil, Ill.; Dr. A. N. Weil, Ill.; J. N. Mayhew and wife, O.; Adaline E. French, O.; Anna Conley, Mass.; Effie Conley, Mass.; Thomas Thompson, Mich.; E. E. Palmquist, Pa.; C. H. McDonald, Mich.; J. M. Ealy, Mich.; Mrs. C. Buhner, O.; Mrs. J. B. Warren, Mich.; Edward C. Eicher, Ia.; Helen M. Cline, Mass.; Mrs. E. C. Schweitzer, Ill.; Miss Cecelia Mead, Ill.; Mrs. J. M. Cline, Mass.; C. N. Phelps, Mich.; B. A. Walker, Pa.; W. A. Ganz, O.; W. B. Boomer, Chile; C. O. Manspeaker; J. D. Eicher, Ia.; Mrs. Peake; Mrs. and Miss H. A. Bromberg, city; Clara Huest, city; M. Heller, O.; W. D. Whitman and daughter, Mass.; Mrs. H. W. Alden, O.; Mrs. W. C. Wren, O.; B. Heny, Ill.; Ruth Hemenway, Ill.; M. C. Hurley, Ind.; Earl Hurley, Ind.; Henry H. Wilson, N. Y.; Mrs. C. A. Dryer, Ill.; H. P. Mantz, Mo.; Dr. Earl S. Sloan and wife, Mass.; Maude Dudley, Mich.; A. Vogt, Ky.; W. L. Farris, Minn.; Mrs. W. C. Brooks, Mass.; Karl V. Godfrey, Mich.; Don H. Serger, Mich.; C. H. Coon; Mrs. H. E. Osborn, Fannie E. Osborn; D. D. McDougall, O.; Miss Mary Brookbank, Ky.; Lafayette Young, Ia.; M. Sheldon; A. Hazeman; George M. Hicks, Ill.; G. Keller, Ind.; Gertrude Chubb, Mich.; Mr. and Mrs. William Campbell, W. Va.; Henry Strome and daughter, O.; Mrs. M. Lichtenstein, Tex.; Sam Mittenthal, Tex.; Walter C. Mack and wife, Mich.; W. W. Tarr, Ill.; W. B. Lancks, Ill.; U. F. Price, S. Dak.; J. Harry Jones, Ill.; Everett Jones, Ill.; F. D. Phinney and wife, Burmah; F. T. Wright, Ind.; Mrs. Charles Taylor, O.; H. G. Hauck, Ill.; M. Lerner, N. Y.; M. E. Milner, Mont.; J. F. Ladner, Kan.; P. M. Dietzler and wife, Mich.; Miss King, N. Y.; John Sharpe Skinner, Ill.; R. E. Willis; H. W. Reed and wife, Kan.; H. V. Chase, O.; F. B. Lay, Jr., Mich.; Dr. I. C. Foster, Mich.; Mrs. I. C. Foster, Mich.; J. A. Sheldon, Mich.; Mr. and Mrs. W. B. Worley, O.; George Maddox, Mont.; F. B. Reine, Mrs. L. B. Reine; W. E. Newark, Mich.; J. D. Homer, Ill.; W. H. Miller and wife, Mich.; Donald G. Fraser, Ill.

I FIND the gayest castles in the air that were ever piled, far better for comfort and use than the dungeons in the air that are daily dug and caverned out by grumbling and discontented people.—Emerson.

TALK happiness. The world is sad enough Without your woes—no path is wholly rough; Look for the places that are smooth and clear, And speak of these to rest the weary ear Of Earth, so hurt by one continuous strain Of human discontent and grief and pain.
—Selected.

AFRAID OF NIGHT AIR

A GREAT many people are afraid of the night air. "Do not go out in the night air," warns mother, and the whole family have it drilled into them that night air is dangerous. But it isn't. Physicians will tell you that the air of night is likely to contain fewer impurities and therefore is no more harmful than daylight air.

Of course, you may need an additional wrap or coat when out at night, but don't be afraid to breathe. God didn't make the air good in the daytime and bad at night.—Chicago Tribune.

"THE diet has much to do with the condition of the complexion. The oily state can be done away with to a large extent by eating crisp, green vegetables, drinking water liberally, avoiding all fatty foods, rich pastries and tea and coffee."

THERE is only one cure for public distress, and that is public education, directed to make men thoughtful, merciful and just.—Ruskin.

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THE BATTLE CREEK IDEA



VOL. II, No. 14.

BATTLE CREEK, MICH., MARCH 11, 1909.

PRICE, 2 CENTS

DR. WILFRED T. GRENFELL TO COME HERE THE 29TH

Medical Missionary to Labrador on Tour
to Raise Funds for Sailor's
Home

Word has been received from Dr. Wilfred T. Grenfell that he will pay a visit to his friends here at the Sanitarium the latter part of the month. It is probable that he will lecture before the guests and employes on the evening of the 29th. Dr. Grenfell is on a lecture tour to the Pacific coast and will stop off here on his way back to Labrador. His present mission is to raise funds for the Sailors' Hospital which he has established at St. Johns, Newfoundland—the most northern point reached by civilization.

Dr. Grenfell's work along the coast of Labrador among the men, women and children of that bleak country is the result of his desire to make his religion "practical." Oxford-bred, with a brilliant career just opening up before him, he pledged himself one night over in the

(Continued on page 6)

THE EARLY SYMPTOMS OF TUBERCULOSIS

Dr. Biggs of New York's Health Department Issues Statement Which Should
Be Scattered Broadcast

FOR THE PUBLIC'S EDUCATION

DR. HERMAN M. BIGGS, General Medical Officer of the Health Department of New York City, has just prepared a striking statement of the first symptoms of pulmonary tuberculosis, at the request of the New York State Charities Aid Association.

It is evident that unless persons who have incipient tuberculosis recognize that something is wrong and seek medical advice, treatment will begin too late to secure the best results, and Dr. Biggs describes in simple terms, within the comprehension of all, what physical evidences, which might seem unimportant, are liable to be indications of the beginning of the disease. The statement, which is given below, has been submitted to and endorsed by Dr. E. L. Trudeau, Dr. Livingston Farrand, Dr. Charles Hitchcock, Dr. Edward G. Janeway and Dr. Eugene H. Porter.

(Continued on page 2)

PARALYSIS AND ITS SUCCESSFUL TREATMENT

Dr. W. H. Riley in Sanitarium Lecture
Gives Interesting Data on
This Disease

DISEASE OF NERVOUS SYSTEM

"PARALYSIS is a condition of the body in which the individual has lost to a greater or less degree the ability to perform voluntary muscular movements. Correctly speaking, paralysis

THE STORY OF DIGESTION TOLD BY DR. KELLOGG

An Explanation of the Remarkable Process by Which the Food Is Converted
into Blood

HOW THE WORK IS DIVIDED UP

"THE alimentary canal is about thirty feet long, the colon about five feet long, leaving twenty-three or twenty-four feet for the small intestine. This small intestine is the great di-



refers strictly to a diminution or loss of muscular power, but it is also used sometimes to express disturbances or a loss of sensation. The word is also sometimes applied, although not very correctly, to a lessening of the functions of some of the internal organs, such as the bowels, the stomach, or the heart.

"Paralysis is almost always an expression of some organic disease of the nervous system. In a few instances, the paralysis is dependent primarily upon a disease of the muscles, but these cases are comparatively few. The muscles are under the control of the nervous system, and when they become paralyzed, it is usually an indication that there is some organic disease affecting that part of the nervous system which has control of voluntary movements.

"Our bodies are composed of units of tissue
(Continued from page 3)

gestive organ; it is here that the great part of the work of digestion is performed. The stomach is an antechamber for the digestive process. It is that part of the digestive apparatus in which the food is prepared for the more complete process which takes place in the small intestine. In the stomach the food is reduced to liquid form. The mouth is supposed to do this work of reducing the food to a liquid so far as possible. The mixing of saliva with the food and the thorough fletcherizing, the thorough masticating of food, is done in the mouth. Saliva and gastric juice both act on the food. The saliva dissolves the starch, converts it into sugar, into maltose; then the gastric juice begins its work and converts the protein into peptone, in other words, dissolves the other digestible elements of the food.

"Let us study the process of digestion for a moment. There are five digestible elements—starch, albumin, fats, sugar, and salts. By sugar we mean cane sugar, malt sugar and milk sugar. These are the three principal kinds of sugar. The most abundant of the food elements is starch. The most important perhaps is the albumin or protein, and another important element is the fat. Then we have the sugar and the salts. Sugar is very closely allied to starch because starch by the process of digestion is converted into sugar. Sugar is in the process of plant growth found first in the form of starch. Then some of the starch is converted back into sugar. For instance, in the maple tree in the winter the carbohydrates are stored up in the roots of the trees and in the springtime under the influence of the warmth and the sun this starch is converted into sugar and is passed up into the tree to be made into buds, twigs, bark and leaves; the farmer bores a hole in the tree, steals this sap out, boils it down, and makes maple sugar. So also in sugar cane, the sugar is on the way up to be converted into starch in the seed of the sugar cane; and the same is true of the corn. The sugar in the sweet corn when the corn is right for roasting has not yet been converted into starch, so it is very sweet. As the sweet corn gets very ripe it is not very sweet, but at the ordinary time for getting roasting ears the sugar has not yet been converted into starch.

"Now in the presence of digestion this starch that was made from sugar originally, is converted back into sugar, as we shall see. There are five digestive organs, so there are just as many digestive organs as we have food elements, one for each one, but they are not arranged in the same order. The mouth, the stomach, the liver, the pancreas and the intestines are the five great digestive organs. The mouth makes saliva, the stomach makes gastric juice, the liver makes bile, the pancreas make pancreatic juice, and the intestines make intestinal juice. Each digestive organ makes a digestive juice, so there are five digestible food elements, five digestive organs and five digestive fluids.

"The first digestible food element is starch. The saliva is the first digestive fluid and begins its work in the mouth, the first digestive organ. It converts starch into sugar. Now the gastric juice converts albumin into peptone and the bile digests fat. Thus we have all of the important digestible food elements digested, and we have some left to spare. There is the pancreatic juice. What does it do?—it reviews the work. It does just what the saliva does. It digests starch. It does just what the gastric juice does, digests albumin. It does exactly what the bile does, digests fat. So the pancreatic juice is the most wonderful of all the fluids. It digests all the different food elements—starch, albumin and fats. The intestinal juice has but one office to perform; it digests cane sugar. It does a little perhaps to some of the other digestible elements, but not very much, so little that it is hardly worth noting.

"All the different digestive fluids digest salts. The gastric juice digests those salts which are capable of solution in an acid medium, and the others digest those salts which are capable of digestion in an alkaline medium. The saliva is an alkaline fluid, the gastric juice an acid fluid. The bile comes next and it is an alkaline fluid. So we have this alternation, the alkaline first, then the acid, and then alkaline again.

"The saliva does not do all of its work in the mouth alone. It takes the saliva thirty or forty minutes to do its work upon the food, and no one would want to hold a morsel of bread in the mouth as long as twenty minutes

or even fifteen minutes. Even Mr. Fletcher would get tired of that, I am sure. After the gastric juice has been secreted about thirty or forty minutes and the stomach contents become quite acid with the gastric juice, the work of the saliva ceases. At any rate it ceases upon the outer mass of the food and the albumin begins to be digested. Here is a mass of food made up of starch and albumin. The albumin is in the form of fine mesh work, and the starch lies in between; so when the starch is acted upon by the saliva and the albumin is melted down by the gastric juice, you can readily see that the whole mass is reduced to a liquid state, and that is what happens in the stomach. So the food is thoroughly prepared in the stomach for the action of the bile, the pancreatic juice and the other digestive juices in the intestine which perform the real work of digestion.

"Another important work which the stomach does is to disinfect the food. Pasteur, you know, was the real discoverer of germs. At any rate he discovered the great office and function of germs. He attached very great importance to them and he considered germs very essential to animal and vegetable life. Indeed he went so far as to state it would be impossible for animals or vegetables to live without germs; that germs were essential to life in all its forms. One of his students, Professor Roux, questioned this, and he proved the professor was mistaken by raising some beans in sterile soil. He took some earth, sterilized it by baking so that the germs were all dead, and planted some beans in this soil. He kept all the germs away and watered the beans with sterile water, and the beans grew and flourished. As a result, Professor Pasteur was obliged to admit that germs were not necessary for the growth of vegetables, but he said, 'I still insist that germs are necessary for the growth of animals.' Finding germs so abundant in animals, particularly in the alimentary canal, the professor had arrived at the conclusion that they were necessary, but Professors Nuttall and Thierfelder, two other investigators, made a very interesting experiment with some guinea pigs by which the guinea pigs were brought into the world under such conditions that they remained sterile. They were brought into the world by means of a surgical operation and were kept absolutely sterile; and they grew and thrived without germs.

"The intestine is one of the most wonderful of all the structures in the body. We think of the intestine as simply a squirming tube. I think of the intestine almost as something independent of the body. I think of it as something that has a life by itself, like a great serpent acting as a servant to the body, rendering useful functions. One of the most wonderful things which the intestine does was discovered by Professor Roger of Paris, an eminent pupil of the great Professor Bouchard who discovered all about intestinal autointoxication some years ago. Suppose a child swallows a small pin and it gets down into the intestine. There it is sticking into the wall of the intestine. What is there to hinder it going right straight through the wall? But there is not the least bit of danger at all that any harm will come from that pin. The child will get along all right. Let me show you why. The intestine knows what has happened and it immediately prepares for the emergency. As soon as it begins to stick in, the intestine begins to thicken on that side so the pin will not get through. Then it contracts both in front and behind, and pushes up the pin into a vertical position and keeps on until it reverses the pin completely. Then it lets go and the pin goes on down through the intestine head foremost and there is no harm done at all. That is not a theory or a fancy at all. That is exactly what

the intestine does, and it does it every time. When anything with a sharp point is put into the intestine it proceeds at once to handle it so that no harm can come from it.

"I mention this here simply to show you what intelligence the intestine has. It is not a mere process of solution going on in the alimentary canal, but a process that requires wonderful intelligence all the while. The food is closely watched from the moment it leaves the mouth at the back of the throat until its work is ended in the colon, the great spacious reservoir where absorption takes place. The food is under intelligent inspection and controlled and watched every moment.

"It is only when we violate some of the laws of health, making conditions such that it is thoroughly impossible for normal work to be done, that anything goes wrong. Under ordinary conditions everything goes right in this wonderful transformation,—or transfiguration, as I like to call it, because it is most wonderfully like a transfiguration when we think of the bread and the apples and the potatoes that we eat. We take these things into our bodies, and by the marvelous process going on in the intestines they are converted into blood and from blood into tissue, so that what we eat today is tomorrow walking about and talking, creating and doing things. I assure you, my friends, that this transformation of food into living bodies and into thoughts and acts is the most wonderful thing that we come in contact with in our daily experience."

SYMPTOMS OF TUBERCULOSIS

(Continued from page 1)

Any of the following symptoms should lead one to consult his physician and have his lungs examined and sputum tested:

1. A cough lasting a month, except whooping cough,
2. Poor appetite (especially in the morning), and indigestion, loss of weight and strength, and pallor (generally "run down").
3. Hoarseness lasting several weeks.
4. Spitting, especially in the morning.
5. Night sweats.
6. Spitting blood.
7. Fever in the afternoon, shown by flushed face and tired feeling.

Any, several, or all of these symptoms coming after a severe cold, grippe, bronchitis, whooping cough, measles, typhoid fever, or any other acute disease, may indicate tuberculosis.

Two or three or more examinations should be made. The germs may not be found the first time the sputum is examined, and indeed they may not be found at all until the disease is far advanced. Accordingly no reliance should be placed on a negative sputum examination, if other symptoms are present. A thorough physical examination should be had, and perhaps several of them. Tuberculosis in its incipient stage is a very difficult disease to diagnose even in a physical examination.

Too much publicity cannot be given to knowledge of this kind, which may be the means of saving untold sorrow and suffering, and thousands of lives besides.

The Board of Health of every community in the state should endeavor to convey this life-saving information to every citizen within its reach, and its importance should not be overlooked by any one interested in the preventive work of the anti-tuberculosis campaign.—*Journal of Outdoor Life*.

Wise men ne'er sit and wail their loss,
But cheerly seek how to redress their harm.

—Shakespeare.

PARALYSIS AND ITS TREATMENT

(Continued from Page 1)

which we call cells. These cells are microscopic human animals. In order to see most of the cells of the body the use of the microscope is necessary. Different organs of the body are composed of different kinds of cells. Thus in the liver, we have liver cells making up the bulk of the structure of the liver. In the stomach we have secretory cells; in the muscles, muscle cells; in the nervous system and in the brain, nerve cells. These cells vary in shape and size in the different organs of the body and in different parts of the same organ, and their function differs widely, depending largely upon the organ of which they are a part. In the nervous system and in the brain, these nerve cells have also different functions. Some of them receive impressions of light through the eye, some of them receive impressions of sound through the ear, some recognize heat, others cold, some feel pain, others touch, and others send out nerve impulses to the muscles and glands in different parts of the body. The nervous system and particularly the brain differs from most other organs of the body in that certain groups of cells are set apart for performing some particular function. In other organs of the body the arrangement is quite different. For instance, in the liver every cell does the same work as every other cell. Each cell secretes bile, stores up glycogen, and destroys certain poisons that are brought to it in the blood, but it is not so with the brain and the nervous system. Here we have certain groups of cells set aside for performing some particular function, while other groups are set aside for quite different uses. The parts of the nervous system that are concerned in performing any particular function may be regarded as a mechanism. All these mechanisms are described by different names,—thus we have the psychic nervous mechanism which has to do with the production of thought, the sensory nervous mechanism which has to do with the recognition of different sensory impressions, the secretory nervous mechanism which has control of the glands of the body which secrete different fluids; the vasomotor mechanism which has control of the blood vessels, and the motor mechanism which has control of the voluntary muscles of the body.

"There are other so-called mechanisms of the nervous system, but the above are sufficient to illustrate the fact that in the nervous system different parts and different divisions are set aside for performing certain definite functions. In disturbances of the function of voluntary movements such as paralysis, the motor mechanism of the nervous system is the part that is disordered or diseased. This so-called motor mechanism of the nervous system has a definite place and location in the brain and spinal cord and the motor nerves. There is a certain part of the surface of the large brain in what is known as the cortex of the large brain which is composed of gray matter, and in a particular place reside the nerve cells which send out impulses along nerve fibers which produce muscular contraction. This impulse travels over certain definite nerve pathways in the brain and in the spinal cord. In the spinal cord and brain are secondary centers where these impulses are changed over to other nerve groups which finally conduct them to a muscle.

"Thus, so far as a nervous mechanism is concerned, there are two principal divisions of a nerve pathway over which impulses travel from the brain to the muscles. The upper of these two divisions consists of a nerve cell in the cortex of the brain and the nerve fiber which goes from this cell. The other division is the nerve cell located deeper in the brain or

in the spinal cord and the nerve fiber which passes from this group of cells out to the muscle. Whenever this nerve pathway from the brain to the muscle is broken by being cut with a knife or injured by disease, the nerve impulse which starts from the brain cannot reach the muscle, and so the muscle becomes paralyzed.

"It becomes the duty of the physician in a case of this kind to locate the disease in the nervous system, to discover whether it is in the brain, in the spinal cord, in the nerve trunk, or in the muscle, and after having done this, to further determine the nature of the diseased process.

"Science in recent years has given us knowledge that enables the intelligent physician to locate quite accurately a disease in the nervous system which causes the paralysis, and to determine whether the disease is in the brain, or in the spinal cord, or in the nerve trunk; and, more than this, to tell in what particular part of brain or spinal cord or nerve trunk, the disease may be.

"Individuals suffering from any form of paralysis should have a most careful and most searching examination. It is necessary for the physician to know about the patient's ancestors, to find whether or not they suffered from any form of paralysis or insanity or any other severe disease of the nervous system, and further to determine if there was any constitutional disease of the family, such as diabetes, rheumatism, gout, Bright's disease, apoplexy, cancer, consumption, alcoholism, or any other constitutional disease. He should also inquire into the previous history of the patient and determine the diseases which he may have had previous to paralysis, such as fevers, injuries, the use of alcohol and tobacco. Any or all of these may have an important bearing upon the paralysis from which he is now suffering. Every other organ and set of organs in the body should be carefully examined preparatory to the examination of the nervous system, and the nervous system should be carefully examined.

"It would be impossible for me to describe in this connection all the different steps necessary for the physician to take in this examination, but a few may be mentioned. First, it is important for the physician to know the part of the muscular system which is paralyzed and the degree or severity of the paralysis. In order to acquaint himself with this, he may observe the movements of his patient, such as in walking, in using his hands and arms in writing, and other common movements of this kind. Further he may direct the patient to perform certain definite movements, such as bending the elbow, raising the arm, closing the hand, moving the toes, moving the ankle, moving the hip joints. Further, he may resist the movements of the patient and in this way measure the strength of the paralyzed muscles by the resistance which the physician himself offers to the movements of the patient. Further, the strength of the muscles can be most accurately measured by an instrument which measures definitely the strength of the different groups of muscles of the body. Here at the Sanitarium, as most of you know, we have an instrument which is called the Universal Mercurial Dynamometer, invented by Dr. J. H. Kellogg. This instrument measures quite accurately the strength of the various voluntary muscular groups of the body. From a test of this kind we are enabled to make a record of the strength of the different muscles in the pounds that the different groups of muscles are able to lift. This can be compared with a table giving the normal for the different groups of muscles of men of different heights and thus a comparison can be readily made between the paralyzed muscle and the strength of the same

muscle in what is supposed to be a normal individual, and also the strength or weakness of the paralyzed muscles on one side of the body can be compared with the strength of the corresponding healthy muscles of the opposite side. A test of this kind forms a very important part of the examination of individuals suffering with paralysis. In muscles that are completely paralyzed no movements at all are executed, and so of course such muscles have no strength to record.

"In addition to this the reflexes should also be carefully tested, but it would be impossible for me to enter into a full discussion of these at this time. These reflex actions give very important information to the physician of the condition of the nervous system, including the nerves of the spinal cord and the brain.

"An electrical examination should also be carefully made. By this electrical test, the physician is greatly aided in locating the seat of the disease in the nervous system and in determining whether or not it can be improved or cured. The idea prevails among some individuals, and I have even heard it expressed among physicians, that if muscles are paralyzed or if an individual is paralyzed in any part of his muscular system, that those muscles paralyzed will not respond to the use of electricity. This is by no means true in all cases. There are certain forms of paralysis in which the muscles always respond to the electrical stimuli. There are other forms of paralysis in which the muscles will not respond when stimulated with certain kinds of electricity, and there are still other forms of paralysis in which the muscles will not respond when stimulated with any and all kinds of electricity. It is very important that the physician make a careful electrical test of the muscles that are paralyzed in order to properly appreciate the nature of the disease of the nervous system which causes the paralysis, and also in order to properly treat his patient.

"Not infrequently associated with motor paralysis, there is more or less disturbance of sensation, depending of course upon whether the sensory nerves and the sensory pathways in the spinal cord and brain are involved or not in the diseased process which causes the motor paralysis. If the sensory pathway is affected in any part of its course, then in addition to the paralysis we also have disturbances of sensation of various kinds. There are a great many different disease processes, which may cause motor paralysis. It may be caused by the breaking of a blood vessel in the brain, so-called apoplexy, producing a paralysis usually of the arm and leg and sometimes the face and tongue on one side of the body. This is the most common disease of the brain which produces paralysis. It usually comes in the latter part of life, most cases being seen between the ages of forty-five and sixty years. Cases are also quite common in early life, in infancy and childhood, while they are less frequent in adolescence and middle life and in old age.

(Continued next week)

RAISING A CROP OF HEALTH

AN invalid is converted into a healthy man by essentially the same process as that by which a crop of corn is grown. The ground is prepared, the seed is sown, the crop is cultivated, and in due time the harvest comes. It generally requires three or four months to raise a substantial crop of health. Not infrequently wonderful results may be obtained in a much shorter time; sometimes a longer period is required; but whether longer or shorter, the process is one of seed-sowing and growth, not of luck or magic.

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PUBLISHED WEEKLY AT
BATTLE CREEK, MICH.

SUBSCRIPTION RATES

One Year	\$1.00
Six Months	.50
Three Months	.25
Per Copy	.02

VOL. II MARCH 11, 1909 No. 14

WOMEN AND FOOD ADULTERATION

"If there is enough alum in a one-cent pickle to kill seven frogs, and if, with a little more boracic acid it would kill a guinea pig, how many pickles would it take to kill a child?" This was one of the questions an earnest New York woman put to the members of her club recently in discussing food adulteration.

"Prof. Shepard, State Chemist of South Dakota, has proved that in the day's three meals one may take in thirty-five doses of poison," continued the speaker, "and 14,000 doses in a year. Potatoes are pure and it looks as if we might have to live on them.

"In sausages there may be found coal tar, dye, and borax; bacon is cured with creosote (liquid smoke); maple syrup is made from glucose and hickory bark and contains sodium sulphite; pure oatmeal is eaten for breakfast with cream preserved with formaldehyde; blue points are preserved with powdered borax, and there is formaldehyde in pork and beans. Flour is one of the worst things that is used, as there is poison in the method of bleaching, and there may be alum in the baking powder.

"So we cannot squirm out of the difficulty by saying that we have everything pure in our own kitchens, even if that was not selfish. The country is in a serious condition. The commission appointed by the President has reported that some chemicals are not harmful to food, though Dr. Wiley has proved that they are. He is a man who could not be bought, and no one knows what he has suffered, for there is no doubt that the Board of Agriculture is against him."

The speaker aroused her hearers to the importance of personal inspection of foods that were brought into their homes, a scrutiny of the labels and wrappers for formulas and a patronage of honest dealers.

The spectacle of some thousands of women clamoring for the right of suffrage that they may "purify" politics, while for years they have stood complacently by and known that adulterated foods were being sold to them by butchers, grocers and delicatessen shop-keepers without making any effectual attempt to demand purification of foods, is not a pleasing one and it is not one that argues well for the cause of the suffragette. Someway it reminds one dimly of Mrs. Jellyby and the urgency of her Borriboobalan business while the oyster-shells and rubbish collected in the passageway.

The family larder is strictly the woman's do-

main, yet beyond a feeble protest from an occasional housewife, women did nothing toward stemming the tide of deleterious adulteration of foods. It is true that women's clubs have lent what they are pleased to call their "moral support" to the pure food laws, but they have done nothing active or aggressive in the matter. Too many of them are already on the platform telling their sisters of the revolution that will take place when women have the right to vote, while their children are eating cold lunches of baker's bread, canned baked beans and factory-made jelly off the pantry shelf.

One prominent suffragette recently urged the immediate necessity of granting this right on the naive ground that women should get accustomed to it; "then," she added, "we can do the work that has been cut out for us."

To an unprejudiced observer there is a great deal of work already on their hands that was cut out from the beginning—work that still remains undone. With the statistics showing thousands of children in the public schools suffering from malnutrition ("due to insufficient or improper food"), with homes that are unsanitary and larders supplied with adulterated foods, with neglected children filling the juvenile courts, and hundreds of babies dying every month due to the ignorance of mothers of the laws of physiology and hygiene, it would almost seem that they would better take the "stitch in time."

HEALTH CULTURE

EXPERIENCE has demonstrated that health can be cultivated as well as any other bodily faculty or property. Muscles can be made strong by using them in such a way as to stimulate muscular development. Lung capacity may be increased; heart power may be doubled or even tripled; endurance may be multiplied many times. The man or woman who has little life and energy, who is poor in health, may become strong and well, rejoicing in strength and vigor.

For example, a man or woman who is almost exhausted at the end of a half-mile walk may by carefully graduated exercises for a few weeks be enabled to walk ten miles or more with ease, and without the slightest injury.

By proper training of the stomach, digestion may be improved. Even the vigor and efficiency of the liver and kidneys, the strength of the bones, the tonicity and endurance of the nerves, may be enormously increased by proper training by the physiologic method.

So the person with little health may increase his vital stamina, his fund of health, and hence his capacity for efficiency and usefulness and the enjoyment of life, by a systematic course of health culture.

FRIENDSHIPS

A BLESSED thing it is for any man or woman to have a friend; one human soul whom we can trust utterly; one who knows the best and worst of us, and loves us in spite of our faults; who will speak the honest truth to us while the world flatters us to our face and laughs at us behind our backs; who will give us counsel and reproof in the day of prosperity and self-conceit; but who will comfort and encourage us in the day of difficulty and sorrow, when the world leaves us to fight our battles as we can.—*Charles Kingsley.*

IF YOU HAVE A STOMACH

that sometimes occasions you discomfort and distress from indigestion, you should know of the advantages offered by

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are a good remedy to have handy. They are invaluable to those who live a sedentary life, with slow digestion, sour stomach, etc., that too often result from it. We want you to try this remedy, and will send you a sample box free upon receipt of your name and address; or three boxes, containing 40 tablets each, sent postpaid for \$1.00.

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Classes are organized April 1 and October 1. Applications are received whenever vacancies occur.

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Jesus and the World Problem

Pastor Brunson Speaks on This Theme in Chapel Sabbath Morning Before a Large Congregation

"THE RISEN Jesus and the World Problem" was the subject of Pastor John A. Brunson's address Sabbath morning in Sanitarium chapel, from which we print the following excerpt:

"God the Father has given to Jesus this entire world with its problems, perplexities and possibilities. In the beginning God gave the world to the first Adam and bade him exercise dominion. Gen. 1:27. But he in a moment of weakness and unwisdom lost it and became a bondman in his own territory. The devil usurped authority and became the god of his world. Now God has given the world to the Second Adam, i. e., Jesus, that he might regain what the first Adam lost. Psalm 2:8 and 9; Psalm 72:8 and 9; Daniel 7:13 and 14; Matthew 11:27; Matthew 28:18. All the world belongs to Jesus. America is his and he sent forth Columbus upon a voyage of discovery just at the opportune moment. Japan is his, and he caused her to be developed in time to check the dangerous aggressiveness of the Russian Bear. China is his, and he is sounding forth the call to awaken because the time has come for her influence to be felt in the sisterhood of nations. Africa is his, and he is bringing about her development in his own way. Europe is his, and has long been used by him as an instrument in furthering his ends.

"The risen Jesus is the world's Master. He makes and unmakes kings with a word, putting down one and raising up another. Empires, Kingdoms and Republics rise, develop, and decay at his command. Princes and potentates, captains and commodores, armies and navies, are subservient to his will. From his invisible height he is directing with consummate wisdom and skill the great world movements, and is so controlling them that all are made to contribute to

"That one far off, divine event
To which the whole creation moves."
"What comfort this imparts to the believer. We are often troubled and perplexed and wonder in amazement and fear what new combination will appear with the next turn of the world's kaleidoscope,—but fear not, Jesus is in control. He is not in the least disconcerted. In the might of his majesty and the majesty of his might he sits with his hand on the helm, and all is well."

THE TOUCH OF SPRING

In this gray world of winter,
When skies forget their blue,
It's mighty good to feel the spring
A-blowin' over you!
To leave the dark an' icy place
An' meet the mornin' face to face!

When the chill snow is fallin',
An' wild the weather blows,
To hear spring voices callin'—
To dream about a rose!
To hear one whisper of the spring
Makes all the bells of mornin' ring!

—Atlanta Constitution.

Have an eye to the future in all your actions.

QUESTION BOX DEPARTMENT

EACH Monday evening, Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. Does not nasal catarrh cause deafness? If so, is there any help for it?

A. Yes, nasal catarrh is the great cause of deafness. Ninety-five per cent of all deafness is due to nasal catarrh, to catarrhal trouble in the nose extending up, through the throat, into the little tubes into the ears. If you do not wait too long it may be cured.

Q. Will oil rubbed on the skin increase a person's weight?

A. Yes, if you rub half a pound of oil on the skin it ought to increase your weight half a pound,—that is, until it is washed off; but it is not at all likely that it can be absorbed through the skin or assimilated by the skin. The skin is not a stomach; it is not a part of its function to absorb food. Fats to be utilized must be taken in through the skin and must undergo a process of digestion.

Q. If a person is allowed 160 calories of proteins a day in a ration of 1,600 calories, is it better to eat less than the full number of calories of protein and more than the full number of total calories?

A. For most people I am satisfied it would be better to eat a little less of protein. My regular ration I think is somewhere about 125, and I find I get along better with less protein than with more.

Q. What will remove dandruff and stop the hair from falling out?

A. An excellent thing is to expose the hair to cold air, cold water and the sunlight. One of the best remedies we have ever found is the arc light. The arc light applied to the scalp until it is almost blistered is a capital means of making the hair grow and disinfecting the scalp and increasing its resistance so it is able to destroy the bacteria which are the cause of dandruff.

Q. Is the use of charcoal beneficial or injurious to the stomach?

A. It is beneficial when there is an unhealthy state of things in the stomach and the alimentary canal.

Q. Why do you recommend the eating of prunes, raisins and other dried fruits. when on examination under the microscope one can see many living organisms upon them?

A. When you find that sort of things in prunes or raisins they are last year's product and have become too old to be fit to use. Such prunes and raisins should not be eaten. They are stale and infected and should be rejected.

Q. Has there ever been founded an international laboratory of research for the study of nutrition in all its aspects? If so, please inform me of its whereabouts.

A. I think we may say the Carnegie Nutrition Laboratory at Boston is such a place. The Carnegie Commission provided \$100,000 with which to build a fine laboratory in Boston and put Professor Benedict at the head of it and appropriated \$50,000 a year to support it. The purpose is to study nutrition. Professor Benedict was formerly associated with Professor At-

water at Middletown, Conn., and he has been studying nutrition for many years.

Q. What is the cause of little or no appetite in rheumatic or nervous trouble, and what can one do to better it?

A. So-called rheumatic trouble or chronic rheumatism is a toxemia. It is due to the poisoning of the body from the absorption of colon poisons. They paralyze all the vital functions of the body. They weaken every organ of the body and so are the cause of the loss of appetite as well as of the joint disease and of nerve trouble, neuritis especially.

Q. Did I understand correctly about feeding a child under one year of age a lemon?

A. No, no, I have never suggested feeding a child under one year of age a lemon. The poor child would choke on a lemon. But lemon juice is proper for a child, and I put my answer in this way so you won't forget it—lemon juice. A child one year of age or under that is fed on the bottle or cooked food, or sterilized milk, must have something raw each day. Orange juice or apple juice is quite as good as lemon juice.

Q. What is the harm in eating candy?

A. No harm at all if it is the right kind of candy. Cane sugar is the thing that does the harm. Cane sugar is an irritant. A ten per cent solution of cane sugar produces very decided irritation of the gastric mucous membrane; so cane sugar ought to be avoided, whether in the form of candy or in any other form. If the candy, however, is made of malt sugar, it is another thing, because malt sugar is native to the body.

Q. What is the best treatment for prolapsed stomach?

A. Fasten the stomach up in place by means of an abdominal supporter, and hold it up so it won't have an opportunity to sag down. I recommend people with a prolapsed stomach to wear a belt to support the bowels. When the colon becomes over-weighted it drags down and pulls the stomach after it. By supporting the bowels from below, this difficulty may be relieved. Then the abdominal muscles must be developed by exercise, by the manual Swedish movements, etc.

Q. Will a sufficient amount of self-reliance and self-control overcome nervousness?

A. Some nervous disorders it will, and some not. If the nervous disorder is of a psychic character, if it is a psychic disorder, that is, if it is that portion of the nervous system which is under the absolute control of the will, then it may be overcome; but if the nervous disorder is due to an organic change, to some reflex disturbance from the stomach or bowels, or to some other cause, then of course the will may not be able to control it entirely; it is only such nervous disorders as are under the control of the will that are controllable by the will.

Q. What causes lumbago and sciatica?

A. The most common cause is intestinal auto-intoxication. That is the only explanation which has ever been brought forward for the ordinary, idiopathic lumbago or sciatica.

THE MEDICAL MISSIONARY

A religious-health paper for missionaries and for the family. Weekly edition 16 pages. Monthly edition 32 pages with cover. Illustrated. Both editions 75 cents per year. Send for sample copies giving special combination terms. Address:

Medical Missionary, Battle Creek, Mich.

DR. WILFRED T. GRENFELL

(Continued from Page 1)

East End of London, while attending a D. L. Moody meeting, to a life of usefulness. He joined the staff of the Royal National Mission to Deep Sea Fishermen and established the Medical Mission to the Fishermen of the North Sea. In 1892 he sailed for Labrador, and ever since that time he has healed the sick, fed the starving, clothed the naked and given shelter to them who had it not—fighting against the poverty and the peril of that north country with a light heart and firm purpose. He has established two hospitals, the one on the eastern coast and this Sailors' Home in St. John's. They are not only hospitals but hotels, where people are expected to come in any kind of trouble—and they come long distances, by boat in summer and by dog-sleds in winter. The story of the life struggle of that north country he tells in an absorbingly interesting manner and his lecture will be eagerly anticipated.

SYSTEMATIC HEALTH CULTURE

EVERYBODY knows something about how to cultivate health. The business man looks forward with keen pleasure and expectation to his annual two-weeks' vacation. He knows that tramping in the woods, breathing the pure country air, roasting in the sun, and then taking a plunge into the clear, cold waters of some lake or stream, will sharpen the appetite, quicken digestion, and send a new supply of fresh, rich blood to his toes and finger-tips, will enliven his wits, reinforce his muscles.—in short, make a new man of him, and make life worth living.

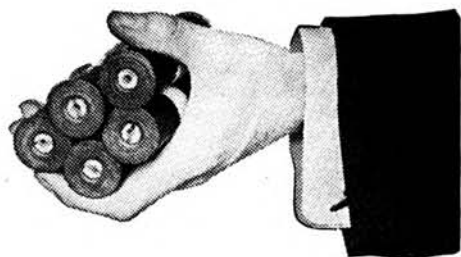
Systematic health culture differs from that

which every sensible person sets in operation when he takes a vacation for health-seeking, only in that for crude and uncertain methods are substituted definite, positive, carefully regulated and systematic measures, the values of which are thoroughly well known, and which are carefully adjusted to the particular needs of each individual, thus accomplishing the greatest amount of good in the shortest space of time,

and avoiding those mishaps and mischiefs which not infrequently result from a lack of knowledge how to do things in the best possible way, or from individual susceptibilities or idiosyncrasies.

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—Swift.

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Three



Four



Five



Six

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PERSONALS

Dr. A. F. Monroe of Flint, Mich., is a patient here.

Mrs. C. W. Gilmore of Chicago is a recent arrival.

Mr. Lewis Gaylord of New York is a recent arrival.

Mrs. A. J. Zwart of Des Moines, Ia., is resting here.

C. S. Partridge of Chicago is resting here this week.

Dr. E. L. Mooney of Syracuse, N. Y., is a patient here.

Miss A. M. Spring of New York is a newly arrived guest.

Miss Frances C. Lane of Saginaw, Mich., is here for treatment.

Mrs. William Lines of Danville, Ill., is among the week's arrivals.

Mr. and Mrs. E. W. Lupfer of Springfield, O., are patients here.

Mrs. J. H. Levinson of Detroit has returned for further treatment.

The Rev. W. L. Tedrow of Kalamazoo is here resting for a few weeks.

Miss Steinel left on Wednesday for a visit to her mother in Milwaukee.

Mr. C. C. Bradley of New Haven, Conn., is recuperating at the Sanitarium.

Mr. James Harris of Little Rock, Ark., is taking rest and treatment here.

Mr. and Mrs. J. M. Fritz of Dubuque, Ia., are here for rest and treatment.

Mr. S. A. Shellabarger of Carlisle, Pa., is among the past week's arrivals.

Hon. E. C. Glasgow, mayor of Jackson, Mich., paid a brief visit here this week.

Mr. and Mrs. F. C. Adams of Kansas City are new arrivals at the institution.

Miss Lou E. George of Menomonee, Wis., is visiting her mother—a patient here.

Mr. T. R. Wellband of British Columbia is a guest at the Sanitarium this month.

Mr. and Mrs. G. B. Christian of Marion, O., are guests at the institution this month.

Mrs. T. W. Short and little child, of La Grange, Ind., are newly arrived guests.

Mrs. W. J. Stratford of Penticton, British Columbia, is here for rest and treatment.

Mr. James Pryor and daughter, Miss Estelle Pryor, are here for a rest and treatment.

Mrs. J. F. Walton and Miss Helen Walton of Sturgis, Mich., are newly arrived guests.

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Mr. W. C. Becker of Pittsburg arrived this week to pay a visit to his wife, who is a patient here.

Miss Blanche Wayne of Fort Worth, Tex., has come to the institution for rest and treatment.

Miss Louie G. Roper of Kingston, Ga., is among the recently arrived guests from the south.

Mr. E. C. Brown of Rochester, N. Y., is among the week's arrivals from the Empire state.

Mr. George L. Kelley and Miss Kelley of Knox City, Mo., are recent arrivals at the Sanitarium.

Mr. D. P. Chalker of Dansville, Mich., accompanied by Dr. Alexander, is a newly arrived patient here.

The Rev. W. F. Mathewson accompanied his wife and little son here this week. They will remain as patients.

C. C. Packard of Pensacola, Fla., accompanied by his brother, I. W. Packard, is a newly arrived southern patient.

Dr. A. J. Messing of Chicago has returned to the Sanitarium for further treatment, accompanied by his daughter.

Mrs. Francis W. Leiter of Mansfield, O., prominent in the W. C. T. U. field, is a guest at the Sanitarium this month.

O. A. Anderson of the Men's Nurses department, has returned from a two weeks' vacation spent at his home near Mackinaw.

Mr. N. P. Clark and daughter, Miss Clark, of St. Cloud, Minn., frequent patrons of the Sanitarium, returned this week for a short stay.

Dr. W. B. La Force returned to his home in Keokuk, Ia., this week after a stay of several weeks, during which time he has vastly improved.

Dr. C. C. Creegan of New York, secretary of the American Board of Foreign Missions, is here for rest and treatment for a broken arm from which he has been suffering for several weeks.

Mr. W. H. Taylor, who spent several weeks here earlier in the season, has returned, accompanied by his wife and daughter, Miss Marjorie, who have recently returned from a protracted European tour.

Mr. Alexander Ried of Appleton, who has been under treatment at the Sanitarium for the past few weeks returned to his home this week vastly improved.

Mr. and Mrs. J. N. Richie who have been spending the winter at the Sanitarium left this week for Detroit. Later they expect to go to the Pacific coast.

Dr. Charles F. Rockey of Oak Park, Ill., accompanied by Dr. C. C. Roselle of La Grange, Ind., a former student at the A. M. M. C., is a patient here. Dr. Roselle is renewing acquaintance among old friends.

Mrs. J. M. Richardson and Mrs. Louis Wood of Memphis, Tenn., are here for a short stay. Mrs. Richardson spent some time here last summer, and both ladies are frequent patrons of the institution and ever welcome.

News Notes

Dr. Louie Vandervoort is at the Hinsdale Sanitarium, relieving Dr. Mary Paulson.

Miss Saucermann and Miss Nellie Waddell of Chicago have been visiting old friends here this week.

Miss Hickson and Miss Martin, post graduate nurses, paid a visit to old friends at the institution this week.

Next Tuesday night the Household Economics club will be entertained by a two-act comedy in which the following members will take part: Misses Mary Daisy Wallace, Ruth Tenney, Clara Ketcham and Blanche Morton.

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BATTLE CREEK

MICHIGAN

The Bertha Wooden Concert Orchestra gave a pleasing program in the Sanitarium gymnasium Tuesday evening.

The British Empire League is making preparation for another reunion on the return of the students from Chicago.

Mrs. Charlotte Ewing, reader of Grand Rapids, will give an evening of miscellaneous readings in the parlor Saturday evening for the pleasure of the guests.

Miss Mary Bossert, head nurse at East Hall treatment rooms, has gone to her home in Wisconsin for a visit. During her absence Mrs. Mary Kane is in charge.

Dr. Gertrude Johnson sailed from England this week and will soon be back at her post on the Sanitarium staff. She has had a six months' rest abroad, having left in October.

The Misses Stock have returned from Chicago, where they spent six weeks in work at the dispensary. They have been succeeded by the Misses Pearl Sturdevant and Gwen Francis.

The regular meeting of the Sanitarium W. C. T. U. will be held Tuesday evening at 7:45 at the home of Mrs. Dr. Barnhart, 105 Manchester street. Mrs. Keller, who has had a personal experience in rescue work, will address the meeting.

Several new students have arrived preparatory to entering the new training class which opens the first of April. Among the prospective wearers of stripes are Miss Luthera Jeffries of Wilmington, O.; Miss Alice Jones of Amherst, Mo.; and Miss Gerlach.

A large audience greeted Pastor George C. Tenney on Saturday night, when he gave a lecture on "The Right Way and the Wrong Way," in the Sanitarium parlor. His son, Ivers Tenney, illustrated the lecture with spirited crayon drawings in view of the audience.

The March meeting of the Battle Creek Nurses' Alumni Association was held Thursday night in West Hall parlor. An interesting program was given and the meeting was largely attended. Miss Sadie Carahoff read a paper on "The Nose and Throat," and Mr. H. G. Gaunce read one on "The Prevention and Care of Typhoid Fever."

At next Monday's meeting of the Literary Society there will be a debate on the following subject: "Resolved, That Free Trade would be a benefit to the United States." The affirmative side will be led by Prof. Nicola and the negative by Mr. Emmons. Miss Watterson will play a piano solo and there will be recitations by Miss Martin and Mr. Swoboda.

Several of the nurses in the women's nurses department are taking their spring vacations. Among them: Miss Harriet Lewis, who went to her home in Washington, D. C., in time for the inauguration ceremonies; Miss Ellis, to her home in Dayton, O.; Miss Grace Donnelly to Mt. Vernon, O., and Miss Nellie McCrodon and Miss Ruth Condit to their respective homes. Miss Ferguson has gone to attend a patient in Indiana, and Miss Eicher is in St. Joseph, Mich., on a similar mission.

Sanitarium friends of Mrs. Grace Guinan were happy to hear of her marriage, which took place recently in California after a romantically brief acquaintance and courtship. The groom is James Edwin Cutler, son of the late Rev. John S. Cutler, pioneer missionary in the Congo, who has extensive real estate and mining interests in southern California. The couple met in the beautiful gardens surrounding the home of Paul de Longpre, the artist. The wedding took place at Riverside Feb. 23. After a few weeks spent on their orange ranch Mr. and Mrs. Cutler will leave for Venice-by-the-Sea.

ARRIVALS

THE list of arrivals for the week ending March 8 is as follows: P. J. Reilly, O.; Harry S. Cahill, O.; D. K. Butterfield, Wis.; Mrs. J. H. Levinson and friend, Mich.; George Kennan, Washington, D. C.; Fred C. Adams and wife, Mo.; A. Lang and wife, Kan.; Charles Ganz, Gilbert McClurg, W. E. Johnson, Col.; C. W. O'Donnell, M. D., N. Y.; George B. Christian, Jr., and wife, O.; Mrs. W. W. Suter, O.; D. A. McDonald, Mich.; C. J. Ferguson, N. Y.; Mrs. Alta Drever, city; William Lyons and wife, Ill.; Edwin F. Hyland, Mich.; H. B. Allen, N. D.; K. M. Holden, Ill.; Charles C. Bradley, Conn.; Mr. and Mrs. A. R. Teashont, O.; H. D. Burrill, N. Y.; William Siler, N. Y.; Mr. and Mrs. W. F. Matthewson, Mich.; Mrs. J. F. Walton and daughter, Mich.; Dr. A. J. Messing, Ill.; C. D. Brower and son, Wis.; W. E. Skinner, Col.; W. L. Tedrow, Mich.; I. L. Stone, city; R. Earl Milligan, O.; A. Bolander, Ill.; Thomas R. Mittland, B. C.; Dr. E. L. Mooney, N. Y.; W. H. Taylor and wife, Ill.; Miss Marjorie Taylor, Ill.; Edward M. Kealty, W. Va.; Dr. P. Chalker; C. E. Snell, Ia.; George L. Kelley, Mo.; Miss Anna Kelley, Mo.; D. P. Chalker, Mich.; C. B. Stephenson, Ind.; David S. Warner, Ill.; Susie L. Warner, Ill.; Nellie Waddell, Ill.; A. E. Saucermann, Ill.; S. A. Shellabarger; N. J. Peabody, Ill.; A. S. Sescano, Ill.; C. C. RFozelle, Ind.; C. F. Rockey, Ill.; Lewis Gaylord, N. Y.; E. C. Brown, N. Y.; Mr. and Mrs. E. N. Tupper, O.; C. C. Creegan, N. Y.; Mrs. I. W. Short and child, Ind.; Miss Ruth Short, Ind.; Miss Blanche Thayer, Tex.; G. H. Hyland, O.; O. W. Crowfoot, Mich.; James Harris, Ark.; Dr. A. F. Monroe and friend, Mich.; Joe Ward, city; Thomas W. An-

draws, Ont.; D. R. McCullum, O.; Mrs. C. C. Packard, Fla.; I. W. Packard, Fla.; A. J. Zwart, Mrs. A. J. Zwart, Ia.; W. S. Butterfield, city; Mrs. Sara Landquist; Mrs. J. W. Copeland, O.; Miss Irene Pillson, Ind.; C. S. Partidge, Ill.; J. M. Fritz, Ia.; G. M. Chaffie, N. Y.; W. C. Becker, Pa.; Hon. E. C. Glasgow, Mich.; C. J. Vanderhoof; H. L. Moore and wife, Iowa; Gus C. Knox, Tenn.; S. C. Kellenberger; N. P. Clark, Miss Clark, Minn.; Mrs. Louis Woods, Mrs. J. M. Richardson, Memphis; T. M. Moore, S. D.; Mrs. A. M. Moore, S. D.; Mrs. W. T. Stratford, Canada; Mrs. H. J. Messing, N. Y.; James Pryor, Miss Estelle Pryor, Mich.; F. P. Hillman and wife, Kan.; C. Francisco; L. C. Heuss, Iowa; O. Arnold Anderson, Mich.; S. Weil, Ill.; Frances C. Fane, Mich.; Mrs. F. B. Kline, Mo.; Mrs. Sara Kline, Mo.; Mrs. C. W. Gilmore, Ill.; Robert Shirk; R. E. Tanner, Iowa; F. G. Evans, city; Mrs. Roper, Ga.

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THE BATTLE CREEK IDEA

VOL. II, No. 15.

BATTLE CREEK, MICH., MARCH 19, 1909

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RISE AND PROGRESS OF THE MISSIONARY MOVEMENT

Pastor Brunson Outlines the History of
the World's Evangelization in
Sabbath Sermon

A FULFILLMENT OF PROPHECY

A NOTABLE sermon on "The Risen Jesus and the World's Evangelization" was preached in the Sanitarium chapel Sabbath morning by the Rev. John A. Brunson, who took for his text John 12:32, "I, if I be lifted up from the earth, will draw all men unto myself."

The speaker pointed out that the greatest work that was being done today was the work of propagating the gospel, and declared that the advance of knowledge, the multiplication of useful inventions, the growth of democracy all were contributing toward the spread of this work of evangelizing the world.

The text itself, the speaker pointed out, was a prophecy, virtually declaring that there would be begun on earth after the death of Jesus a world-wide movement in behalf of truth and righteousness, and that Jesus himself would be the center of attraction and the source of inspiration. "Such a growth," said the speaker, "has been begun and is known as the Foreign Missionary Movement. Whatever may be your belief,—Christian, Jew, Pagan, Atheist or Agnostic,—you cannot deny that there is in progress today a well organized, aggressive and powerful movement. It began soon after the resurrection of Jesus, and spread so rapidly

(Continued on page 6)

PASTOR BRUNSON INJURED

Slips on Icy Sidewalk and Fractures His
Hip. Is Given Prompt
Attention

Pastor John A. Brunson sustained a severe injury Tuesday which will probably confine him to a wheel chair or crutches for many months. While walking through McCamly Park about the noon hour he slipped on the sidewalk, which the morning's snow had made very slippery, and fell, fracturing his hip. He was taken to the Sanitarium and received immediate attention but the injury is such that he has since endured considerable suffering. His many friends, both at the Sanitarium and abroad, will sympathize with him over the unfortunate accident, and join in wishing him a complete recovery.

The Blood Report: What It Means

Dr. Kellogg Explains to Patients the Significance of Figures on the
Blood Report

HOW THE BLOOD INDICATES DISEASE

IN a series of two lectures recently, Dr. Kellogg explained at length the significance of the various figures on the Blood Report. The testing of the blood is one of the most important procedures that the patients go through in their thorough examination at the start. But when the blood report comes to them, with its elaborate data, the patients are usually quite puzzled to understand it. These figures may reveal a quite unexpected lowering of vitality, or on the other hand give hope to the despairing; so it is certainly worth while to understand the value and meaning of these "blood coefficients."

"The first on the list, the hemoglobin," explained Dr. Kellogg, "is the coloring matter of the blood. This coloring matter is found in the red cells which gather up oxygen from the lungs and carry it down into the tissues, where they deposit it, then carry back the carbonic acid gas and unload that in the lungs. So they are what we might call 'hod carriers' at work in the body for the maintenance of its life. Each one of the living cells of the body must be fed with oxygen; and these blood cells carry the oxygen from the lungs down into the tissues, the ends of the toes and the fingers and the very roots of the hair, and supply all these living cells with the oxygen upon which they must subsist. If one has one-half as much hemoglobin as he ought to have, he breathes only half as much as he ought to breathe, because the real breathing process is not simply in the lungs but in the tissues at large. The breathing goes clear out to the ends of the toes and the fingers, all through the body. Every cell of the body must breathe; so we take air into the lungs simply to supply the living cells. The little blood cells that travel through the blood current carry the oxygen to the individual cells of the body; that is, carry it throughout the entire body. There are something like twenty to thirty millions of billions of these cells in the body; and these cells are all the time loading on the oxygen and carrying it down where it is needed. It is the hemoglobin that enables the blood cells to carry the oxygen. It gathers up the oxygen, fixes it, holds it while it is being carried down to the cells.

If the hemoglobin is half what it ought to be, it stands at 50 per cent instead of 100 per cent. That means that the individual can breathe only half as much as he ought to breathe; that his cells are only half as effi-

(Continued on page 3)

PARALYSIS AND ITS SUCCESSFUL TREATMENT

Dr. W. H. Riley Gives Interesting Lecture on the Treatment of
Paralytics

MANY CASES ENTIRELY RECOVER

IN last week's issue we published the first part of Dr. Riley's lecture describing the examination of a patient afflicted with paralysis. The second part deals largely with the treatment of paralytic patients, which is full of illuminating advice to the layman and which will, we are sure, be of interest to our readers.

"We may also have paralysis produced by a plugging up of a blood vessel in the brain by a blood-clot which may circulate in the blood vessels and finally reach a place, a vessel so small that it cannot pass through. Then the blood vessel is closed, the blood supply is cut off from a certain part of the brain, and as a result of this we have so-called acute softening and degeneration which produces paralysis. The walls of the blood vessels may also become thickened and close the passage to the blood stream, cutting off the blood supply and producing a softening and degeneration of the brain tissue. Tumors growing in the brain pressing upon the nerve fibers may also cause paralysis, also abscesses and inflammation of the coverings of the brain. So-called meningitis of different forms are sometimes responsible for different forms of paralysis. Organic diseases of the spinal cord also cause paralysis. Here again we may have hemorrhages plugging up the blood vessels, tumors, abscesses, and inflammations and degenerations, in fact any severe organic lesion of the spinal cord may produce paralysis in some form.

"When we have a disease of the brain, the paralysis is usually confined to one lateral half of the body, involving the leg and the arm and sometimes the face and tongue on one side. This is the most common form of paralysis due to disease of the brain. When the disease is in the spinal cord, then we are more apt to have paralysis of the legs and a part of the trunk of the body up to the level of the disease in the spinal cord. Paralysis of one lateral half of the body, therefore, is usually dependent upon disease of the brain, paralysis of the legs and a part of the trunk of the body at different levels indicates a disease of the spinal cord. In diseases of the spinal cord, the bowels and bladder are often involved in the paralysis. When we have a paralysis of the nerve trunk the muscles usually become soft and flabby and waste rapidly and do not respond to certain electrical stimulation. Different terms are used to express the distribution in the body of the

paralysis, and still other terms are used to express the degree of the paralysis.

"When one lateral half of the body is paralyzed, that is, an arm and the leg or more than this on one lateral half, we call it hemiplegia. When the legs and part of the trunk are paralyzed, it is called paraplegia. When one leg or one arm alone is paralyzed, it is called monoplegia. When all four extremities are paralyzed, this condition is called diplegia or quadriplegia. When the disease producing paralysis is located in some particular nerve trunk, we speak of it as a paralysis of the nerve that is the seat of the disease. Thus we have paralysis of the radial nerve, or the ulna, or the sciatic nerve, etc. Sometimes we have paralysis of a single muscle and in this case certain nerve fibers distributed to the individual muscle are usually the seat of the disease.

"It should be said in this connection that these different forms simply indicate the part of the body that is suffering from the paralysis. They indicate in a general way the seat of the disease which is causing the paralysis, but they do not indicate the character of the diseased process. It should be emphasized perhaps in this connection that paralysis is a symptom and not a disease; that is to say, primarily the disease is not located in the paralyzed muscles, but rather in some part of the nervous system.

"We also have terms used to express the degree or the severity of the paralysis. When the muscular strength of the muscles is diminished without any definite organic disease, we sometimes speak of it as muscular weakness. Paresis is also used to express a muscular weakness or a partial paralysis. When we wish to express a severe degree of paralysis we use the expression complete-paralysis. These forms indicate the degree or severity of the paralysis. The physician should examine and describe most accurately the distribution or location of the paralysis and also indicate the severity of it, and this can best be done by a chart which shows the comparative strength of the different muscle groups of the body as indicated by the strength test of the muscles."

"We have already emphasized the importance of a thorough examination by the physician in every case of paralysis. This should be made for several reasons, but particularly so in order that the treatment may be properly directed. Before beginning the treatment of a case of paralysis the physician should have a clear, definite idea as to the location in the nervous system of the disease which is causing the paralysis; also the character of the disease and the probability of recovery or not. With a clear understanding of the location and nature of the disease which is causing the paralysis, the physician is better prepared to treat his patient intelligently.

"The treatment of a case of paralysis may be directed along three different lines: (1) to remove the cause, if possible; (2) to improve the general vigor and vitality of the patient and increase his recuperative powers, and (3) to improve and relieve the paralyzed muscles. With reference to the first indications for treatment, that is the removal of the cause, this cannot always be found, and when found cannot always be removed, but it should always be sought for and having found it the physician is put in better position intelligently to direct the treatment of his patient than when the cause cannot be found. For this reason it is very important that the physician should obtain a careful history from his patient in reference to diseases of the nervous system or constitutional diseases which may be present in some of his ancestors or collateral branches of the family. He should also inquire carefully into the past history of his patient and deter-

mine what diseases if any he has had previous to the beginning of the trouble which causes the paralysis. Further, he should seek carefully after the immediate cause of the paralysis.

"The most common causes of diseases of the nervous system which give rise to paralysis are (1) Infectious diseases of different kinds, such as typhoid fever, diphtheria, malaria and other acute infectious diseases; also chronic infections. (2) Diseases of the blood vessels of the brain and spinal cord which give rise to disturbances of the circulation of the blood through these organs and result sometimes in hemorrhages or blocking up or cloding of the blood vessels so that the blood stream cannot reach the nerve tissues in the brain or spinal cord. The thing that causes this disease of the blood vessels is very often poisons circulating in the blood and causing arteriosclerosis and other degenerative changes in the blood vessels. (3) Tumors and abscesses of the brain and spinal cord also give rise to paralysis and also meningitis and inflammations of the brain and spinal cord. (4) In addition to this we have also degenerations of nerve tissue, which are usually produced, first, by a lack of vigor and vitality on the part of nerve tissue; this occurs often in the declining period of life. Second, the presence of some poisons circulating in the blood and being brought to these tissues which causes the degeneration. (5) Injuries to the brain and spinal cord which destroy nerve tissue may be the cause of paralysis. (6) Inflammations of the nerve trunk producing a neuritis or degeneration of nerve fibers in the nerve trunk before they enter the muscle. Alcohol and tobacco should be mentioned here as very frequent and prolific causes in producing many of these diseases of the brain and nervous system which result in paralysis.

"The habits of living of an individual suffering with paralysis should be the best in every way. All poisonous substances which may irritate the nerve tissue should be carefully avoided. The patient should not use alcoholic liquors of any kind, tobacco or tea or coffee. His food should be of the most wholesome kind, well prepared, easily digested and nutritious. He should eat a sufficient quantity to well nourish the tissues of the body, and yet should not overeat so as to in any way tax the different organs of the body. His means should be taken early, the food should be well masticated, and conditions should be most favorable to permit good digestion and help the nutrition of the body. He should drink freely of pure water. Water taken into the body eliminates the poisons that may be present in the tissues and facilitates the healthy nutritive processes which go on in the different tissues of different organs of the body. Water should be taken in small quantities often between meals, and a good rule to follow is to not drink any water until two hours after meals and one hour before eating except when one is very thirsty, and then water or fluid can be taken at any time to quench the thirst.

"The patient suffering with paralysis should have plenty of sleep. He should sleep at least eight hours during the night and an hour or two's sleep in the middle of the day would be very helpful. During sleep there is going on in the tissues of the body the building up process, a reparative process. This reparative process goes on much better when we are sleeping than when we are active and awake. When the tissues are diseased or destroyed in any way it is important for the individual to have plenty of sleep so that conditions will be most favorable for repairing the tissues that may be diseased. The patient should also live in the open air as much as possible. A very excellent plan would be to sleep out of doors whenever this can be

done, which can always be done during the summer months and the warm months of the year and in some localities may also be done during the winter months. Sleeping out of doors promotes sleep, gives the body a better supply of pure air and fresh oxygen and is wonderfully helpful in repairing diseased tissues. Sunshine is also a wonderful physiological stimulant and aids greatly in stimulating and promoting the various physiological processes which go on in the body and different organs of the body. When the patient's habits of living are carefully regulated as above indicated, all possible causes of paralysis so far as his habits of living are concerned are removed. If there are any other causes that can be removed, such as, for instance, injuries that may have been inflicted upon the brain or spinal cord on account of a depressed bone, this, of course, should be relieved by means of a surgical operation, and all other causes should be sought for and if possible removed.

"The second indication for treatment, i. e., to improve the general health and vigor and vitality of the patient: This can be accomplished by following the suggestion already given relating to the regulation of the diet, sleep, the out-of-door life and the discarding of all harmful substances such as alcohol, tobacco, tea, coffee, etc. In addition to this a line of tonic treatment consisting of short cold baths given in a manner adapted to the needs of the patient, such as cold wet towel rubs, cold mitten frictions, cold sprays or shower baths, alternate hot and cold applications along the spinal column and over the body generally; all of these are excellent tonic treatments and tend to improve the general vigor and health of the patient and thus increase his recuperative powers and give him a greater ability to combat the abnormal and diseased processes which may be going on in the nerve tissue of the brain or spinal cord or nerve trunk. The value of these hygienic measures in the treatment of paralysis can hardly be appreciated except by those who have seen their wonderfully beneficial effects. Every organ of the body of the patient suffering from paralysis should be carefully examined and when an abnormal condition is discovered it should have careful attention. Very often a patient suffering from paralysis also suffers from constipation of the bowels, and the constipation is not infrequently a symptom resulting from a disease of the nervous system which causes the paralysis of the muscles. In cases of this kind the bowels should have careful attention, the patient should have a laxative diet and other means should be used to relieve the constipation such as massage to the abdomen, electricity, if necessary the use of the enema or some mild cathartic.

"The bladder may also be affected with the paralysis. It is very important that this should have proper attention. In a description of this kind it would be impossible to go into details of all the different treatments that may be necessary to relieve these various symptoms. The physician in examining his patient should not neglect to give careful attention to the bowels and the bladder. The muscles of the bladder may become paralyzed and the bladder filled with urine and distended and a bad condition may develop in this organ as a result of the paralysis. Conditions of this kind should be carefully watched by the physician and should have the most careful attention in every way. Electricity may also be used to tone up the muscles of the bladder whenever they are paralyzed or weakened by disease of the nervous system.

(Continued next week)

"SIN is that mode of traveling by which one pays his money for the privilege of going the wrong way."

THE BLOOD REPORT

(Continued from page 1)

cient as they ought to be, and he has only half as much oxygen as he ought to have. So that man is short of breath. If he undertakes to walk or to run, he gets short of breath very quickly.

"Next comes the color index. This is a little more difficult to explain. If the blood cells are 100 per cent and the hemoglobin 100 per cent, then the color index will also be 100 per cent; but if the blood cells are 100 per cent and the hemoglobin 50 per cent, the color index will be only 50 per cent. You have the right number of blood cells, but your blood cells have only half as much hemoglobin as they ought to have. The color index represents the amount of coloring matter in each individual red blood cell. When the color index is low, it means that the blood cells are of poor quality. If they are up to 100, that is good quality; to 110, it is very good quality; so it is very important to know about this. A cubic millimeter of blood, one twenty-fifth of an inch, should contain five million red blood cells for a man and four million five hundred thousand for a woman. Women have not quite as many blood cells as men, because they generally are a little plumper and the blood is distributed more.

"The red cells have been diminished in some cases to two million. I saw a case a few moments ago where there were two million red cells instead of five million. That means that this person is sixty per cent diminished. The blood is the life of the body, and if there is only forty per cent as much blood as there ought to be, that indicates only forty per cent as much life as there ought to be. That is a great disadvantage, for it is the blood that fights the germs; it is the blood that builds up the tissues; it is the blood that repairs old, worn-out organs and makes them new; it is the blood that repairs damage in the body. So the blood is the all-important vital factor.

"If one has only half as much blood as he ought to have, he has only half as much life. If he has ten per cent less blood than he ought to have, his life is at ten per cent discount. His blood should be at par, at 100, or even higher. I met a man the other day with his blood cells 105 per cent, and he is a little above par; and that is a very good condition to be in. The white cells are the police of the body; they capture the germs, eat them up, and the more white cells you have, within certain limits, the better off you are. If you have 100 per cent of blood cells, that is enough; but after dinner you probably have 150 per cent, and that is the reason why this count is taken before dinner. After dinner, it is 150 per cent. Why? Because with your dinner you have taken in a whole lot of germs; so the blood cells swarm out into the tissues to fight off those germs and eat them up; and the germs are absorbed more readily during the process of digestion. That is the time when the white cells must be produced in greater numbers; so they are always increased after dinner. The white cells are also increased in inflammation and in infection. If you have a fever, or sore throat, or inflammation, you have an increased number of white cells, particularly in pneumonia, or in infection of any sort; although that is not true of typhoid fever and a few other diseases.

"It is important, then, that the proper number should be present. If one has a deficiency of white cells, that is quite a serious matter. You must be sure to do something to increase them. The white cells are increased by cold baths. That is one of the most effective means known of increasing the white cells. That is why most of you are encouraged to take a cold

bath the first thing in the morning on rising so as to increase the number of red cells and white cells and bring them out into the blood in abundance. In order that the digestion of the breakfast and the work of the day may be well done.

"Alkalinity of the blood: When the alkalinity is high, it means high resistance to disease; when the alkalinity of the blood is low, it means low resistance to disease. The coagulability is another indication. The coagulability of the blood is sometimes diminished in certain conditions and is a very grave symptom. The specific gravity is also a symptom of importance, as it indicates the richness of the blood in red cells and in value. When the lymphocytes, which are a certain kind of white cells, are increased in number, it indicates certain diseases. The myelocytes indicate another form of disease. Polymorphonuclear leucocytes and the eosinophilia—these are other forms of blood cells the increase of which indicates certain pathological conditions.

"Now the blood pressure: Cystolic pressure means the highest point reached by the blood when the heart beats. When the blood is thrown out into the vessels and the vessels are distended, it indicates the high blood pressure, for the pressure rises to its highest point. The diastolic blood pressure is the lowest point between the beats of the heart; and the mean is the average between the two. The cardiac endurance is a very important indication which shows the strength of the heart, and that is one of the most important examinations of all.

"It has been found that by means of the opsonic index, it is possible to ascertain whether a person is liable to take an infectious disease,—for instance, whether a man is liable to have tuberculosis or not. If we examine a man's blood by this method, we take a drop of his blood and expose it to tubercle germs under proper conditions. Then through a microscope the battle is watched. If the blood gets the start of the germs, if it eats up a certain number of germs,—in other words, if the white cells capture and eat up a certain number of the tubercle germs within fifteen minutes, then the index is 100, and that person is proof against tuberculosis; that is, he hasn't it now and is not likely to get it. But if a person's tuberculo-opsonic index is too high, 250, perhaps, that indicates that he may have it but he is making a good fight against it, and will probably win out. If it is low, 50 or 60, then he probably has tuberculosis, and if it remains at that point he almost certainly has tuberculosis, and unless something is done for him he will not win out. If one drop of blood can fight off tuberculosis successfully, every other drop of blood in the body can do it. So if a man is able to stand up and fight tuberculosis his opsonic index is necessarily high.

"This is a very important determination that has been recently worked out by Dr. Wright of England. I visited Dr. Wright on purpose to make myself familiar with this method, and our bacteriologist has also made himself very thoroughly familiar with it; so we are finding it a very great help in the study of certain cases. We can have the same determination made for pneumonia, typhoid fever, streptococci, staphylococci, etc.,—for instance, a few months ago we had a lady here who had a fever and we could not find the cause; everything seemed all right. Finally we examined the blood and we found certain kinds of bacteria; one known as streptococcus was found in her blood. We examined the blood and found her streptococcal index was low, was only 45 or 50; so it was necessary to give this patient an antitoxin prepared especially for the purpose by which the streptococcal index was raised at once. In a few days her ability to fight the

disease was increased; and as a result this disease, which is generally considered incurable, was by this method cured. By this method it is now found possible to cure tuberculosis and other infections of various internal organs which otherwise could not be cured; so it is found to be a very helpful resource indeed.

"The blood is the organ or tissue that fights for us. The blood is the fighting element of the body. It is the blood that heals, as the old physiologists used to say. The blood is the life, as the old prophet declared, and we know nowadays that the blood is the all-important factor in the body. When a man is sick, it is because his blood has become disordered in some way. It is utterly impossible for a man to be chronically sick if he has good blood, because his sickness will be light; acute, if he has sick blood. Chronic sickness cannot begin until the blood has become altered and changed. A man can not have hardened, diseased arteries without diseased blood. It is diseased blood which makes diseased arteries. The blood is carrying poisons in it; that is what makes the mischief."

(To be continued.)

Lemon Cream Pudding

- 2 cups rich milk
- 2 egg yolks
- ¼ cup butter
- ½ cup sugar
- 1 cup grated bread crumbs
- Juice of 1 lemon
- Grated rind of ½ lemon.

Meringue

- 2 egg whites beaten stiff
- 2 tablespoonfuls powdered sugar.

Soak the bread crumbs in the milk for one-half hour. Rub the butter and sugar to a cream, add the beaten yolks of the eggs, mix thoroughly, and add the milk and bread, lemon juice and grated rind. Butter individual molds, turn in the mixture, and bake slowly twenty minutes.

Beat the egg-whites stiff, add the powdered sugar, and pile neatly on the baked pudding, return to the oven until a delicate brown. Serve cold.

Vegetable Salad in Turnip Cases

Have ready steamed or boiled turnips. Cut out the centers and trim them, as needed, to make cases one-fourth of an inch in thickness. Reserve the centers and trimmings to be chopped fine to use in the body of the salad. Combine

- 1 cup chopped turnips.
- 1 cup chopped cauliflower.
- 1 cup celery (raw).
- ½ cup beets or 1 cup peas.

Dressing

- 3 egg-yolks (beaten).
- 2 tablespoonfuls sugar.
- ¼ cup butter.
- ¼ cup lemon juice.
- ¼ teaspoonful salt.

Mix ingredients in order given, cook over hot water, stirring constantly, until the mixture thickens and is smooth. Add to the vegetables and serve in the cases. Any preferred combination of vegetables may be used.

"OVER the door of a certain church were inscribed these words: 'This is not my house, but Jesus Christ's. This door does not want him who enters to bear a name, but to bear a sorrow.' The Church of Jesus Christ cares not for name or reputation, but it rejoices to find a need and relieve it. Can this be said with truth of my church?"

THE BATTLE CREEK IDEA

PUBLISHED WEEKLY AT
BATTLE CREEK, MICH.

SUBSCRIPTION RATES

One Year	\$1.00
Six Months	.50
Three Months	.25
Per Copy	.02

VOL. II MARCH 19, 1909 No. 14

THE TEA TAX

THE intimation that possibly the tariff reform measures which will probably be introduced into the next congress will impose a tax of two cents a pound on tea and a like tax on coffee threatens to stir up a "tempest in the teapot" compared with which the famous "tea party" in Boston Harbor will be scarcely worth mentioning.

The country consumes a billion pounds of coffee every year and probably half as much tea. The average cost of tea is about fifty cents a pound, and coffee twenty-five cents, representing an annual expenditure of not less than five hundred millions of dollars for these poisonous beverages.

A tax of two cents a pound on these harmful luxuries amounts to about thirty millions of dollars,—certainly a snug little sum.

The reduction of the tariff on useful and necessary articles to this amount would be appreciated by multitudes of hard working people who find it difficult to supply themselves with the necessities of life.

This is a sort of tax that could not possibly do any harm. Tea and coffee have no nutritive value. They can be dispensed with without injury to anybody and with actual benefit. If the tax on these articles which are wholly imported will have the effect to diminish their use, so much the better, and the higher the tariff the better. Better still would be a law excluding these and such other noxious and unwholesome things as tobacco, absinthe, and wines and liquors of all sorts. The list of highly taxed or prohibited poisons might also well include mustard, pepper, cayenne and like substances which serve no purpose except as a means of culinary torture.

If the tariff commission will find means by which to gradually reduce or remove the tariff from useful things and make the tariff so high on unwholesome and useless articles as to tax them out of existence, the health of the American people will improve to such a degree that all the expense of government may be covered several times over by the actual money value of the human lives that will be saved.

The proposed tax on tea is a sanitary measure which ought to be encouraged in every possible way. It is to be hoped that the solons at Washington will not be frightened into the abandonment of this excellent project by the silly twaddle of the newspapers about the hardship which will be imposed on the poor man

by "the table drink tax." Tea and coffee are table poisons, not table drinks. Water is the only drink.

THE LOCAL OPTION FIGHT

THE Calhoun County Anti-Saloon League is doing its best to keep before the people of the county the many reasons why local option should be tried in this community. It quotes Professor Munsterberg of Harvard, who in a recent magazine article has the following to say of the saloon: "There is nothing more degrading and no more atrocious insult to civilized life than the American saloon. It has poisoned the social atmosphere for the masses; in it the working man squanders his savings, and the healthy man devastates his energies and becomes a wreck. Political corruption irradiates from the saloon into the whole public life and a thousand ways lead from the saloon to the penitentiary. It is a blessed movement which now turns with overwhelming energy against the horrors of this evil and unites the clean minds of the whole nation in an untiring fight against this source of infection. There may be disagreement as to the best ways and means, disagreement whether strict prohibition or education toward temperance is the more reliable method; but there is no disagreement as to the fact that the saloon has to be wiped out and the day seems near indeed when—thanks to women—the fight against the saloon will be taken up in almost every State."

The local league advances the following reasons why the saloon should be wiped out of Calhoun County:

It has degraded the civic life of Calhoun County.

It has poisoned the social atmosphere of Battle Creek.

It has taken some hundreds of thousands of dollars from our laboring men during the year just past and devastated the energies of our citizens.

It has been the greatest corrupter of politics in our County and has made good its boast of political power.

It has paralyzed the arm of the law and trampled upon our statutes and its activities have caused many crimes in our County. Many of its victims have been sent to jail and some to the penitentiary.

Are you not willing to join in the "blessed movement" against the American Saloon? Why not try Local Prohibition for two years?

THE FOOD VALUE OF ALCOHOL

LIEUTENANT-COLONEL A. M. DAVIES, Royal Army Medical Corps, at the 1908 meeting of the British Medical Association, made the following statement:

"As to its use as a food, there are so many other articles of food of equal, and greater value as a source of heat, and free from the peculiar characteristics of alcohol, that it cannot be considered either necessary or advisable simply from the dietetic point of view.

"For the healthy young adult, it must be admitted, or asserted, that alcohol is in no way, and under no circumstances, a necessity; perfect health and vigor of body and mind can be maintained without any indulgence whatever in alcohol in any shape or form."

IF YOU HAVE A STOMACH

that sometimes occasions you discomfort and distress from indigestion, you should know of the advantages offered by

Antiseptic Charcoal Tablets

Not a drug, but composed of natural antiseptic agents that promptly relieve the oppression and distress of indigestion, and leaves the digestive organs in an aseptic, healthful condition.

Antiseptic Charcoal Tablets

are a good remedy to have handy. They are invaluable to those who live a sedentary life, with slow digestion, sour stomach, etc., that too often result from it. We want you to try this remedy, and will send you a sample box free upon receipt of your name and address; or three boxes, containing 40 tablets each, sent postpaid for \$1.00.

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The Battle Creek Sanitarium & Hospital Training School for Nurses

Offers exceptional advantages to young men and young women who desire to fit themselves for the work of a trained nurse.

Besides the regular hospital training, thorough training is given in Hydrotherapy, Massage, Manual Swedish Movements and all physiologic methods peculiar to the Sanitarium, and is each a training in itself and found almost exclusively in our work.

Classes are organized April 1 and October 1. Applications are received whenever vacancies occur.

For further information or particulars regarding the school, address the

Battle Creek Sanitarium & Hospital Training School

B. R. PARRISH Dentist

Special attention to nervous patients.

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FOR SALE—I have on hand at all times good values in improved and vacant property. Fire insurance written in the strongest companies.

L. W. SCHRAM, Notary Public,

39 North Washington Avenue,

Automatic Phone, 1297. Bell, 327 1 ring.

A Course in Home Nursing

Rational Home Treatments Taught By
Correspondence Course of the
University of Health

AN OPPORTUNITY FOR ALL

REPORTS from the Correspondence Department of the Battle Creek University of Health indicate that the most popular of its Health Courses offered by correspondence is the course in Home Nursing. Course No. 1, in Food and Diet, comes next in popularity, but Course No. 5, in Home Nursing, is clearly in the lead. This is not at all surprising in view of the fact that the principles taught by the Battle Creek University of Health are the principles practiced at the Battle Creek Sanitarium, which has earned its world-wide fame by virtue of its elaborate diet system and its organized application of physiologic methods of cure.



LIFTING THE PATIENT—ILLUSTRATION FROM COURSE ON HOME NURSING

It is hoped that the benefits of this system of natural treatment of disease, in so far as it can be carried out by simple home measures, will be extended to many homes by this course in Home Nursing. The recovery of a sick person depends more upon care and intelligent home treatment than it does upon drugs. Without the intelligent carrying out of the doctor's directions, the doctor's efforts will often be hampered or fail of their purpose. The knowledge presented in this course has proved of incalculable value in hastening recovery from disease, relieving the patient's suffering, and lightening the burden of the nurse. Full directions are given for administering home treatments, based upon the methods which have proved so effective in curing thousands of invalids at the Battle Creek Sanitarium.

The course is presented in six lessons, sent out to the student wherever he may be, for study at his own convenience. The subjects of the lessons are as follows.

I, General Care of the Sick; II, Baths for the Sick; III, Wet Rubbings (cold mitten friction, etc.); IV, Packs and Compresses; V, Twenty-five Methods of Relieving Pain; VI, Massage.

The instruction is made easy and effective by Students' Guides, letters of instruction, illustrations, and other helps. Special privileges are offered to students who enroll promptly, espe-

cially to those who take advantage of the charter membership offer, which will soon be withdrawn. An illustrated booklet describing the Health University and its courses will be sent to anyone who contemplates enrolling as a student. Write to the Battle Creek University of Health, Battle Creek, Mich.

SPIRITUAL DYSPEPSIA HOW TO PREVENT IT

Miss Janette Bryant Tells Sanitarium
Guests of the Food Needed for
Spiritual Health

AFTER an absence of a week, due to her illness, Miss Janette Bryant again conducted the Tuesday afternoon service held in the East parlor, taking as her topic, "The Bible as Food and Medicine." Her series of talks have been well attended and have interested and inspired her hearers.

The speaker pointed out the analogy between the spiritual and the physical life and said that the Bible could best be appreciated as a food when we realize our three fold being—spiritual, mental and material. "Sometimes we do not recognize the spiritual life," said she, "because we try to analyze it; but when we realize that neither can we recognize physical life—that science has never been able to see life itself, only its activities, then we need not wonder that we are unable to recognize spiritual life except by its activities. The Bible gives us testimonies of the activity of the spiritual. Job, you remember, said, that he esteemed the word of God more than his daily food, and Jeremiah testified that the word was unto him the 'joy and rejoicing' of his life.

"We know that there comes an uplift when the physical being is fed—now the spiritual being can in like manner be refreshed by the food prepared for us in the word of God. And just as there is a balance of food for our physical bodies, so does the word of God offer variety for our spiritual natures.

"Paul describes some of his teachings as 'milk.' You who are students of nutrition know that milk is food for babes—for the child and is not a well-balanced ration for grown people. We then must not be content with the 'milk' spiritual diet if we are to grow in grace, but must seek the things which give us strength. Some of us are spiritual dyspeptics—because we have not digested the food that we have taken. Our perceptive faculties are our spiritual mouths, but the digestive organ is the activity of faith—in God and in his word.

"We must use the word of God for our spiritual needs as we use food for our physical bodies. We are anxious to know when and how and what to eat or material things, and observe the regular time for feeding our bodies. We should be just as anxious to have spiritual health and to sustain and encourage its growth by frequent daily feedings." The speaker closed with the announcement that the Bible held remedies for all kinds of troubles, of which she would speak on next Tuesday.

APRIL GOOD HEALTH OUT

Spring Month Reflected in Cover and
Text of the Noted Health
Magazine

APRIL *Good Health* appeared this week in a handsome cover bespeaking the month with an artistic daffodil design. Readers will find it replete with interesting reading matter. The first article is from the pen of Mary K. Maule and deals with Mr. Horace Fletcher's new school among the poor on the East Side of New York—his "Kindergarten of Vital Economics," where he is trying to teach the people, particularly the children of the slums, the advantages of dietetic righteousness. The article is illustrated, the illustrations including a new picture of Mr. Fletcher taken in the office of the East Side tenement—the basis of his experiments. Owen R. Lovejoy, general secretary of the National Child Labor Committee, contributes an interesting article on "Conserving Childhood," in which he gives some valuable data in regard to the employment of children in factories, shops and mines, and makes a strong plea for the Federal Child's Bureau. H. E. Barnard and J. H. Brewster of the Indiana State Board of Health contribute the first part of an exceedingly valuable report as to "The Sanitary Condition of the Southern End of Lake Michigan," the second part of which will appear in the issue for May.

Other scientific features are from the pens of Dr. Kellogg, Dr. W. H. Riley, Dr. Benton Colver, Dr. Kate Lindsay and Mrs. E. E. Kellogg. Reading matter of a lighter sort also abounds, including a sketch of Miss Ida Tarbell's country home in Connecticut, a story of the man who made the daffodil popular, by Jean Airlie, together with the Walking Club features and the Domestic Science department conducted by Mrs. Emmons. The usual valuable editorials from Dr. Kellogg form a noteworthy part of this month's contents, the complete index of which is given below:

The New School of Fletcherism—Mary K. Maule.

The Heating Compress—The Editor.

A Sermon for the Health Seeker—Henry F. Cope.

How Miss Tarbell Lives the Simple Life—Lucia B. Harriman.

The Fight Against Food Preservatives—J. H. Kellogg, M. D.

Comrades of Nature (a poem)—Ninette M. Lowater.

Conserving Childhood—Owen R. Lovejoy.

The Question of Raw Food—J. H. Kellogg, M. D.

The Housekeeper in Quest of Germs—Mrs. E. E. Kellogg.

Nervous Exhaustion—Neurasthenia—W. H. Riley, M. D.

The Daffodil's Story—Jean Airlie.

Why Spring Has a Bad Reputation—Kate Lindsay, M. D.

A Study in Starches—Mrs. Minnie Emmons, Overland Walking Club—William J. Cromie and Henry Oldys.

Vegetarian Diet at Grinnell College—John W. Gannaway.

Only Half Done—Benton Colver, M. D.

The Bacteria of the Intestine—J. H. Kellogg, M. D.

For a World-Wide Improvement in School Hygiene—Fannie Sprague Talbot.

The Sanitary Condition of the Southern End of Lake Michigan—H. E. Barnard and J. H. Brewster.

RISE AND PROGRESS

(Continued from Page 1)

that it reached the utmost limits of the known world in a few generations without the aid of telegraph, steam car or steamship. In the New Testament we have accounts of the spread of Christianity in Syria, Cilicia, Asia Minor, Greece and Italy, and we may well believe that it spread into all the countries whose representatives were present in Jerusalem on the day of Pentecost. According to an early tradition Peter preached in the distant kingdom of Parthia, which lay east of the Euphrates, and probably Paul preached in Arabia. In the second and third centuries we hear of the gospel in Arabia, India, Lower and Upper Egypt, Carthage of North Africa, Spain, France, Germany and England.

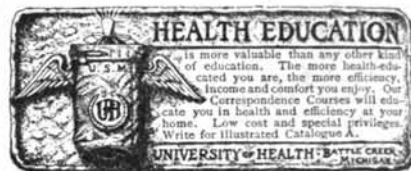
"In the fourth century a change occurred in the relation of the church to the state, the tendency of which was to suppress missionary zeal. Prior to that time the church was an independent, self-included body, free to develop itself according to its own inward principles. But in the early part of the fourth century it formed an alliance with the state, and gradually became the dominant religion of the Empire. From this alliance both advantage and disadvantage followed, the latter greatly preponderating. The advantage consisted in the support and protection which it received from the power that had previously opposed it; the disadvantage lay in the fact that it was in part dominated by a secular power foreign to itself which seriously interfered with its growth and development.

"In forming this union neither Constantine nor the bishops were moved by disinterested

motives. Each party was seeking its own aggrandizement, and not the betterment of man. Constantine needed the support of the church with its growing influence and seemingly united forces to aid him in the accomplishment of his political schemes. The church needed the support of Constantine to protect it against persecution. As Draper says, 'It was Constantine's aim to make theology a branch of politics; it was the aim of the bishops in the Empire to make politics a branch of theology.' The result of it all was disastrous. The missionary spirit of the early days passed away. The church through worldly wisdom and finesse ultimately gained the ascendancy and developed into a politico-ecclesiastical Empire that sought to dominate the world, and for a thousand years Europe felt its oppressive power. But in the sixteenth century occurred the great reformation which broke the political power of the papacy and planted the principles of Protestant Christianity. These principles once rooted began to grow, and the ultimate result is the great foreign missionary movement of modern times. This modern movement, which is the logical continuation of that which was begun shortly after the resurrection of Christ, is now little more than 100 years old. It began in weakness and poverty. It entered upon its career of world conquest with one missionary who was an ex-cobbler, a small body of poor and despised English Baptists, and about \$65 in the treasury. Certainly no other great movement was ever begun with means seemingly so inadequate. But see how it has grown. Last year the number of foreign missionaries employed was 19,875. There are 2,056,173 native converts with a population under Christian influence of 4,285,199. There are 28,164 schools to this large sum \$4,843,814 were raised on foreign fields. And remember, this work which now embraces the world is the outgrowth of the movement which was predicted by Jesus just before his death. From the tiny acorn of truth has grown the mighty oak of achievement, and today the business that is conducted under the firm name of Jesus and Company is the biggest thing in the world. In face of the foreign missionary movement who can deny the truth of the Bible or the Messiahship of Jesus?"

SWEET are the uses of adversity,
Which, like the toad, ugly and venomous,
Wears yet a precious jewel in his head.

—Shakespeare.



FELLOWSHIP

WHEN a man ain't got a cent, and he's feeling
kind of blue,
An' the clouds hang dark an' heavy, an' won't
let the sunshine through;
It's a great thing, O my brethren, for a feller
just to lay
His hand upon your shoulder in a friendly sort
of way!

It makes a man feel queerish, it makes the tear-
drops start,
An' you sort o' feel a flutter in the region of
the heart;
You can't look up and meet his eyes; you don't
know what to say,
When his hand is on your shoulder in a friendly
sort of way!

O, the world's a curious compound, with its
honey and its gall,
With its care and bitter crosses, but a good
worl' after all;
An' a good God must have made it—leastways
that is what I say
When a hand is on my shoulder in a friendly
sort of way.

—James Whitcomb Riley.

Old Gentleman—"Do you mean to say that
your teachers never thrash you?"

Little Gentleman—"Never! We have moral
suasion at our school."

Old Gentleman—"What's that?"

Little Gentleman—"Oh, we get kep' in, an'
stood up in corners, and locked out, and locked
in, and made to write one word one thousand
times, and scowled at, and jawed at, and that's
all!"

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Six

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PERSONALS

Miss Jennie Statt of Mexico City is a recent arrival.

Mr. A. W. Michael of Benton Harbor, is a guest here.

Mrs. C. F. Jones of Lexington, Ky., is a patient here.

Mr. John Azallion of Dillonvale, O., is taking treatments here.

E. A. Buck of Portland, Mich., is at the institution for a rest.

Mr. Walter Earhart of El Paso, Tex., is a newly arrived patient.

Dr. G. H. Foster of Sugar Grove, O., is a patient at the institution.

Mr. A. A. Clark of Connellsville, Pa., is a recently arrived patient.

Mr. A. K. Wells of Glass, Tenn., is one of the week's southern visitors.

Mr. E. A. Daisher of Tecumseh, Mich., is a patient at the Sanitarium.

Miss Sarah C. Ford of Chicago arrived this week for rest and treatment.

Mr. and Mrs. S. C. Patten of Charlestown, Ill., are patients at the institution.

Mr. and Mrs. Edgar Hadley of Columbus, O., are visitors at the Sanitarium.

Mr. I. Buxbaum and son of Sioux Falls, S. D., are among the week's arrivals.

Miss Bertha G. Johnson, a missionary to India, is resting at the Sanitarium.

Mr. and Mrs. R. L. Andrews of Bolivar, N. Y., are sojourning at the Sanitarium.

Mr. George E. Stevens of Lancaster, N. H., is taking rest and treatments here.

Mrs. Samuel Dickie, wife of President Dickie of Albion College, is a patient here.

Mr. and Mrs. C. R. Yeatman of Chicago returned to the Sanitarium this week.

Mr. and Mrs. J. C. Van Buren returned to their home in Kansas City this week.

Mr. and Mrs. J. B. Christian, Jr., returned to their home in Marion, O., this week.

Mr. J. C. Williams of Bozeman, Mont., is a newly arrived patient from the west.

Dr. H. M. Rich of Detroit, is sojourning at the Sanitarium in order to obtain a rest.

Mr. and Mrs. Thomas B. Simpson of Bartlesville, Okla., are sojourning at the Sanitarium.

Mrs. M. C. Hite of South Norwalk, Conn., is among the eastern guests to arrive this week.

Mrs. H. W. Mount and children and Mr. W. H. Himes of Chicago paid a visit to Mrs. Himes this week.

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Mr. and Mrs. E. F. Bedell and Miss Helen Bedell of Mont Claire, N. J., are guests at the Sanitarium.

Dr. Maria White of New Castle, Pa., formerly missionary to India, is resting at the Sanitarium.

A. F. Huber of Minneapolis, a frequent patron of the Sanitarium, is paying a short visit here this week.

Mr. and Mrs. V. A. Powell of Pittsburg, have returned to the Sanitarium owing to Mr. Powell's ill health.

Mrs. P. W. Jones of Black River Falls, Wis., and Mrs. J. H. Mills of the same city are visiting at the Sanitarium.

Mr. M. F. Ballous of Neenah, Wis., a frequent patron of the Sanitarium, is here to pay a short visit this week.

Dr. Sam P. Meyer of Louisville, Ky., accompanied Mr. S. M. Simmons here this week. Mr. Simmons will remain as a patient.

Mrs. G. W. Curtis of Peoria, accompanied by Miss Hazel Besore of Urbana, Ill., arrived at the institution this week for rest and treatment.

Mrs. R. O. Edwards and Miss Florence Edwards of Indianapolis, are newly arrived guests. Mrs. Edwards will stay some weeks as a patient.

Mr. C. W. Jackson of De Pere, Wis., is resting at the Sanitarium. Mr. and Mrs. David Goldberg of Antigo, Wis., also arrived this week.

Mr. Roy Marston returned to his home in Appleton Wednesday after a month's stay here, during which time he greatly improved in health.

Mrs. George R. Wale and Mrs. Margaret C. Hadley of Bellows Falls, Vt., sisters of Dr. Campbell, a patient here, arrived this week for a short stay.

Mr. R. C. Jefferson of St. Paul, accompanied by Mrs. B. B. Conatti and Mrs. Welch returned to the Sanitarium this week for rest and treatment. Mr. Jefferson has visited the Sanitarium before and is a welcome visitor.

The Dakotas continue to have a strong representation at the Sanitarium. Among the guests to arrive this week from the twin states are, F. M. Moore of Faulkton, N. D.; M. J. C. Bassett of Aberdeen, S. D., who joined Mrs. Bassett here; W. H. Quain of Bowdon, N. D. and J. D. Johnson of Park River, N. D.

Mr. and Mrs. Neil McMillan, Sr., and Mr. and Mrs. Neil McMillan, Jr., of Chicago, Ill., are sojourning at the Sanitarium. Both gentlemen have visited here from time to time. Mr. McMillan, Sr., spending some time here last winter regaining his health. Mr. Neil McMillan, Jr., is associate secretary of the Student Department Bible Study of the Y. M. C. A.

News Notes

M. W. Wentworth spent Tuesday in Detroit on business.

S. D. Yeargin of Gainesville, Ga., has succeeded N. C. Van Horn in the Sanitarium Store department.

Dr. G. W. Bailey of Philadelphia is at the institution for a few months' stay. While here he will assist in Dr. Stewart's office.

Mrs. Mabel Larkin and Miss Hartman have arrived at the institution and are planning to join the new class in Nurses' training.

The senior class of the A. M. M. C. will return from Chicago this week and the sophomores will leave next week for a six week's stay.

Dr. Gertrude Johnson has returned from her six months' vacation trip abroad and is installed in her office and receiving patients this week.

Mrs. M. S. Foy spent Tuesday in Lansing attending a meeting of the board of the Michigan State Nurses' association, of which she is vice president.

The Battle Creek Diet System

For thirty years the Battle Creek Sanitarium has been curing sick folks by regulation of diet and other physiologic means. The diet system which has been developed is recognized as the chief factor in the building up of the world-wide reputation of the great institution.

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Dr. J. H. Kellogg and Dr. R. H. Harris have been spending the week in New York and other eastern points. They attended the meeting of the Association of American Medical Colleges.

The Home Economics club held its monthly meeting in Fifth Floor parlor Tuesday night. Music and a two-act comedy formed the program, which was much enjoyed by the members and their friends.

Dr. George Dowkontt has returned from a trip to New York, Boston and other eastern points. A severe cold is keeping him indoors this week but he hopes to be out again and about his duties in a few days.

Dr. Benton Colver gave a lecture on "Brain and Brawn" Thursday evening in the Sanitarium chapel, in which he urged the necessity of educational gymnastics for all between the periods of childhood and middle age. A detailed report of the lecture will appear in THE IDEA in a subsequent issue.

It is possible that Miss Ethel Arnold, niece of Matthew Arnold and Mrs. Humphrey Ward and granddaughter of Thomas Arnold the famous Master at Rugby and author of Tom Brown's School Days, will pay a visit to the Sanitarium and lecture before Sanitarium guests, in the near future.

Mr. Wallace Bruce Amsbury, a reader of Chicago, will give a program of dramatic readings in the gymnasium Saturday night. Mr. Amsbury has been widely endorsed by critics and the press and the evening will doubtless be enjoyable to Sanitarium guests. Those who had the pleasure of hearing Mrs. Carlotta Ewing read from "Tillie, The Mennonite Maid" last Saturday evening were introduced to a unique type of Pennsylvania—the Dutch of the rural district of South-eastern Pennsylvania. The charming story of Tillie's struggle for an education was given a skillful delineation by Mrs. Ewing, who entered into the spirit of it with a broad appreciation of its pathos and humor, enacting the part of the crude yet kindly doctor, the apathetic mother, the narrow minded brutal father and the ambitious and innocent young girl with fine discrimination and dramatic skill.

I BELIEVE in gittin' as much outer life as you kin—not that I ever set out to look for happiness: seems like to folks that does that never finds it. I just do the best I kin where the good Lord put me at, and it looks like I got a happy feelin' in me 'most all the time.—Mrs. Wiggs.

WE are not here to play, to dream, to drift; We have hard work to do and loads to lift. Shun not the struggle—face it; 'tis God's gift. —Maltbie D. Babcock.

ARRIVALS

THE list of arrivals for the week ending March 15 is as follows: A. W. Wagner, Ind.; Dr. Paul Christman; Mrs. George R. Wales, Vt.; Mrs. Harriet C. Hadley, Vt.; Mrs. John Van Buren, Mo.; J. C. Bassett, Mrs. F. E. Leudtke, Mich.; George Bergset; W. H. Doyle, Ill.; A. E. Sauerman, Ill.; Maria White, M. D., N. J.; Edgar Hadley and wife, O.; A. A. Clark, Pa.; W. R. Barr and wife, Ind.; H. Fliegelman, Mont.; J. H. French and wife, Ill.; Mrs. George W. Curtis, Ill.; Mrs. M. S. Curtis, Ill.; Miss Hazel Besore, Ill.; Marion Canfield, Ind.; William F. Pelham, Ill.; W. H. Quain, N. Dak.; J. P. Johnson, N. Dak.; Mrs. Zylphia Wilson, Mich.; Miss Lottie Wilson, Mich.; Edwin C. Nichols, city; John A. Azallion, O.; Mrs. Thomas Simpson, Okla.; Thomas B. Simpson, Okla.; Dr. D. McDougall, O.; Mrs. C. F. Jones, Ky.; Mr. and Mrs. V. A. Powell, Pa.; Mrs. B. B. Conatti, N. Y.; Mrs. William Welch, Ill.; R. C. Jefferson, Minn.; Mr. and Mrs. Edwin F. Bedell, N. J.; William Hersee, N. Y.; Mrs. P. W. Jones, Wis.; Mrs. John H. Hites, Wis.; E. J. Daisher, Mich.; Mr. and Mrs. A. T. Day, N. Y.; Mr. and Mrs. I. Buxbaum and son, Dak.; P. W. Moore and wife, Ind.; Bertha G. Johnson, Ill.; Mrs. Minnie Deenan; George E. Stevens, N. H.; Herbert M. Reed, M. D., Mich.; James Ritchie and wife, Mich.; Fred Daisher; George Vantine, E. G. Hoenigshausen, Mich.; Mrs. Louise Hoenigshausen, Mich.; H. S. Siebel, Mich.; Mrs. John H. Gros, O.; Dr. G. H. Gros, O.; Mr. and Mrs. J. E. Weeks; John Koppend, Wis.; C. Williams; H. W. Alden, O.; L. L. Pel-tier, Canada; Mrs. E. Assam, Ill.; Carrie Crackel, Ill.; A. K. Wells; S. C. Patten and wife, Ill.; Mrs. L. S. Sanborn, Mich.; F. B. Jones, N. C.; Mrs. Samuel Dickie, Mich.; Mabel Larkin, Kan.; W. H. Himes, Ill.; Mrs. H. W. Mount and children, Ill.; Walter Earhardt, Tex.; R. E. Maby, Ill.; Lillian Faulkner, Ill.; Gilbert Facott, Ind.; Mrs. Thomas Sweeney, S. D.; J. Statt, Mexico; A. V. Hageman, O.; A. F. Huber, Minn.; A. C. Hutchinson, Ill.; J. L. McKim, Mich.; Sarah C. Ford, Ill.; C. W. Jackson, Wis.; H. W. Alden, O.; W. G. Morford and wife, O.; R. L. Andrews and wife, N. Y.; D. S. Warner, Ill.; J. W. Blessing, O.; E. A. Buck, Mich.; Mrs. G. W. Williams, Wis.; Mr. and Mrs. Neil McMillan, Sr., Ill.; Mr. and Mrs. Neil McMillan, Jr., Ill.; Robert Ramsey, Mich.; N. H. Cartinhour, Ill.; W. L. Gilmore, Ind.; S. D. Yeargin, Ga.; Mrs. George Strickler, Ill.; E. A. Palmquist; P. S. Phyllis, Ill.; Mrs. R. O. Edwards, Miss Florence Edwards, Ind.; George Hartter, Miss Mary Hartter, Ind.; Mrs. Katy Stalter and child, Ind.; M. F. Ballou, Wis.; T. H. Ryan, Wis.; William Tucker, Tenn.; William Tucker, Jr., William Tucker III, Tenn.; C. L. Maclin, Tenn.; George Krebs, Ohio; Adolph Krebs, Ohio; Mr. J. A. Strickler, Pa.; Mrs. M. C. White, Conn.; A. G. Sohnberg, Manitoba; John Fleacher, R. I.; S.

M. Simmons, Ky.; Dr. Sam P. Meyer, Ky.; J. Wallace and wife, Ia.; Mrs. W. H. Short, Ind.; A. W. Michael, Mich.; D. Goldberg and wife; N. A. McKinnon, B. C.; Bertha Kurts, O.; C. R. Yeatman and wife, Ill.

"If we could see beyond today
As God can see;
If all the clouds should roll away,
The shadows flee;
O'er present griefs we should not fret,
Each sorrow we would soon forget,
For many joys are waiting yet
For you and me."

"THE great object of life is life—restful, strong, beneficent—and we women who desire earnestly 'the best things' for ourselves and our household must do less plodding and more planning; less sacrificing and more intelligent contriving; we must have less guesswork and more accurate knowledge."

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THE BATTLE CREEK IDEA



VOL. II, No. 15.

BATTLE CREEK, MICH., MARCH 26, 1909

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FOR MORE COMPLETE PHYSICAL EDUCATION

**Dr. Benton Colver Gives Lecture on
"Brain and Brawn" Which Attracts
Large Audience**

MENTAL AT EXPENSE OF PHYSICAL

DR. BENTON COLVER, who for some years has directed the work of Sanitarium gymnasium classes, and who is a close student of all that pertains to physical education, gave a largely attended lecture in the gymnasium Thursday night, taking for his subject "Brain and Brawn."

In his introductory remarks he told his audience that a few years ago President Bryan of the University of Indiana, on the occasion of a visit to the Sanitarium, said that he was looking for a man to place in control of the college athletics; one who actually understood the needs for physical education—a sort of adjudicator between the older members of the faculty who favored purely mental education and the younger element who would overdo the matter of athletics. This situation, the speaker said, was not peculiar to the Indiana university and was only cited to prove that the best educators were dissatisfied with the physical education of today; that there was indecision and a growing feeling that the curriculum was not well balanced.

"Prof. William H. Burnham of Clark University contributes to a recent number of 'Hygiene and Physical Education' an article on 'Shall We Have One or Two Sessions in the Schools,' in which he shows that the child who goes to both a morning and an afternoon session has less muscular power in the afternoon than in the morning, whereas he should have more. While the youth is growing up and until he is twenty-three or -four years of age his physical unfitness is generally excused on the ground that he 'will grow'; and the flat chest and stooped shoulders are attributable to this growing process. As a matter of fact," said the speaker, "I do not believe that one person out of one hundred who has reached mature age is satisfied with the physical education he has received."

"In contrast to this paucity of physical education is the mental education of which all civilized nations are so proud. They take the years from five to twenty to cultivate their brains at the expense of their bodies. They are constructing a bigger nervous dynamo than they are a physical engine to run it. Among the primitive peoples the standards are of muscular might—their 'mighty' men become so by prowess, even their names are bestowed upon

(Continued on page 5)

The Blood Report: What It Means

**Dr. Kellogg Explains to Patients the Significance of Figures on the
Blood Report**

(Continued from last week.)

"ONE may have plenty of blood in quantity or blood count, have just as many blood cells as he ought to have, and yet the quality may be very poor. The usual tests which are taken here, the blood count and the hemoglobin, hardly indicate the quality of the blood. They are quantitative tests. But we have recently instituted in our laboratory other tests. We have been working on them for months, and finally have them perfected, so that we can test the blood as regards its quality. The quality of the blood is determined by several factors. Coagulability is one, and that is one of the simplest tests. But it does not go as far as some others. The second test is alkalinity. The ability of the body to resist disease, its fighting qualities, its strength as a defense for the body, and its power to repair and build up waste tissue, all this is indicated by its alkalinity. The higher the alkalinity the more vital the blood. The more active in resisting germs, the better the quality of the blood."

"That raises the question of how to make blood alkalinity high. The Sanitarium diet will do this. Live high, live on the top shelf from the Sanitarium standpoint. That is the way to increase the alkalinity of the blood. What makes it low? What you ordinarily call high living—beefsteak, mutton chops, oysters, sweetbreads, and meats of all kinds, these lower the alkalinity of the blood more than anything else, because of the large amount of uric acid they contain. Sweetbreads contain seventy grains of uric acid to the pound. Some of you think sweetbreads are rather nice. The next time you eat them, bear in mind that you are eating chiefly uric acid—seventy grains to the pound, and a pound won't make a very big meal because they shrivel up so that there isn't much left. Sweetbreads are chiefly water—water and uric acid."

"A man's kidneys will eliminate six grains of uric acid a day,—that is a day's work in dealing with uric acid. The kidneys, the liver, the heart, and every other organ of the body,—each has its day's work to do, and a day's work for the kidneys is six grains of uric acid."

"I met a man this morning, and he said, 'Doctor, I have a friend who has gout. Do you think you can help him?' I answered, 'Certainly we can help him. Bring him right along. If he is not completely disorganized and tied up in knots we can help him.' The first thing to do is to take away the gout that he can

(Continued on page 2)

HABITS OF LIVING FOR PARALYTICS

**Dr. Riley Tells Sanitarium Guests of Successful Methods of Treatment for This
Class of Patients**

CAUSES MANY DISEASED CONDITIONS

(Continued from last week)

"In certain forms of paralysis the heart and particularly the blood vessels may be diseased. We often have arteriosclerosis and high blood pressure with certain forms of paralysis. Conditions of this kind should be carefully looked after. Proper treatment—neutral baths and warm baths at a temperature of 98 to 100 degrees—relax the blood vessels, overcome the resistance in the blood vessels and reduce the blood pressure and thus lessen the amount of work required of the heart in order to keep the blood circulating."

"Rest is also important in cases of high blood pressure, and here again the diet should be carefully regulated. Stimulants such as alcohol, tea, coffee and tobacco should all be carefully avoided. The bowels should be carefully looked after, the patient should take plenty of rest and only moderate exercise."

"The kidneys should also have careful attention. Not infrequently they are defective and not eliminating the poisons from the body as rapidly as they are formed. Any disease of the kidneys may be a serious handicap in overcoming paralysis. The function of the kidney should be carefully watched by frequent examination of the urine, and as already indicated the patient should drink freely of water so as to wash the poisons out of the body and stimulate the kidneys."

"The physician should not direct his attention entirely to the paralyzed muscles, but should seek for disease in any and all other organs of the body, and whenever found they should be carefully looked after and the diseased organs relieved by proper treatment."

"(3) Treatment directed to the paralyzed muscles: As we have already indicated in what has gone before, different forms of paralysis are attended with different degrees of responsiveness to different kinds of electrical currents. In some forms of paralysis the paralyzed muscles will respond to any and all kinds of electrical stimulation. In other kinds the muscles will respond to certain kinds of electrical stimulation and not to others, and in still other forms of paralysis the muscles will not respond to any kind of electrical stimulation, and careful electrical examination is therefore necessary in order to find the particular form of electricity best adapted to treatment of the paralyzed muscles and the current should be

used which gives the best contraction when the muscles are stimulated with the electrical current. The principal forms of electricity that are used in treating paralysis are the Faradic, the sinusoidal and the galvanic current. The Faradic and sinusoidal are used more often than galvanic, but in some cases the muscles will not respond to either Faradic or sinusoidal currents, and then the galvanic should be used. In most cases of paralysis electrical treatment should be given every day, using the kind of current which gives the best response when applied to the muscles and nerves. The length of time necessary for each treatment will vary somewhat, depending upon the nature of the case. It is quite as important not to overstimulate the muscle as it is not to stimulate sufficiently, and so the treatment should not be carried to the point of fatiguing the muscle. As a general rule each muscle should be made to contract ten or twelve times by the electrical stimulus and the operator should go over the paralyzed limb or the part of the body that is paralyzed and pick out each individual muscle with the proper electrode and stimulate each muscle individually. The results obtained from the electrical treatment will depend to a large extent upon the kind of current that is used and the manner of its application. There is a great difference in giving treatment with electricity. It is important that the battery or machine be of the best kind, that the electrodes be of proper size and shape and that everything pertaining to the electrical apparatus be right, in order to get the best results. It is equally important that the physician understand the distribution of the nerve trunks and the anatomy of the muscles and their connections, etc., in order properly to stimulate them and get the best results.

"In addition to the electrical treatment, the paralyzed muscles should be massaged every day, or at least three times a week, and the joints should be put through special movements. In cases where the paralysis is not complete, the patient should be instructed to move the paralyzed limb in certain directions so as to make the paralyzed muscles contract by the influence of the will. Resistance can be offered by the masseur to these movements of the patient and in this way the strength of the weak muscles can be greatly increased. In cases that are able to take some exercise a careful test of the strength of the muscles should be first made, and then the patient should be put on a carefully graduated course of exercises. Care should be taken in all of these treatments and in all of the exercises not to fatigue the muscles that are weak and paralyzed. It is important for the physician to keep in mind the fact that the muscles are weak, some of the members completely paralyzed, and their ability to contract and do muscular work is therefore greatly diminished and consequently they are more easily fatigued and exhausted than in the normal state, and for this reason care should be exercised by the physician and the nurse and the attendant to see that the parts are not tired out and exhausted either by treatment or exercises.

"This treatment is intended particularly to improve the nutrition and strength of the paralyzed muscles and it will do this in a very satisfactory manner in most cases; but in addition to this it also accomplishes something more. The electrical treatment and massage also have a very wholesome effect upon the diseased nervous system by means of reflex nerve currents which may be started in the skin or muscle and carried backward to the spinal cord or the brain, and this so-called reflex influence will have a very wholesome influence upon the nutrition of the spinal cord and brain which may be the seat of disease. Further than this, when one takes exercise the muscle is not only

brought into activity but the motor nerves are stimulated and brought into functional activity by means of nerve currents which start in the brain and travel over the motor nerve path down to the muscle. The influence of these nerve currents on the nerve tissue is very helpful in stimulating healthy nutritive processes in the nerve tissue and overcoming disease processes which cause the paralysis. The good effect, therefore, of electricity and massage, manual movements, exercises, is not confined to the muscles alone but affects the nervous system as well, and therefore is helpful in overcoming the disease in the nervous system which is the cause of the paralysis.

"Of course, every case must be treated on its own merits. The foregoing is simply a general outline to indicate the general plan. This plan, of course, will be modified and changed, depending upon the particular case in hand for treatment. After a long experience of more than twenty years in dealing with a large number of cases of paralysis, I am convinced that much more can be accomplished for many cases of motor paralysis than is usually thought. Most cases of paralysis can be best treated in a well equipped and well organized sanitarium where proper electrical treatment can be given and where the patient can be under the watchful care of skilled physicians and well trained attendants who can give the treatment properly, and where the daily life and habits of the patient can be carefully controlled. Vastly more can be accomplished by following out the treatment day after day, week after week, and month after month, if necessary, than is accomplished by a few irregular, spasmodic attempts in some superficial way in the home of the patient, where the necessary appliances are not at hand and where not always are there trained attendants to give the treatment in the proper manner. I have seen many cases of paralysis of different forms and cases of different diseases of the nervous system greatly improved and a large number entirely recover by the proper and persistent use of the treatment as I have outlined."

THE BLOOD REPORT

(Continued from page 1)

swallow. So let your friend come here and we will teach him that lesson, convince him of it,—that he has swallowed all the gout he needs and that he can dispense with it." Every pound of beefsteak has fourteen grains of gout in it, and every pound of sweetbread has seventy grains of gout in it. So the first thing to be done, if you are going to cure gout, is to stop swallowing it. The alkalinity of that man's blood is low, and that is why he has this disease. Keep the alkalinity high and he cannot have gout.

"The same is true of other ailments. Chronic rheumatism, gall-stones, kidney stones, liver stones, eczema, arteriosclerosis, premature old age, apoplexy, Bright's disease, and things that carry people off,—you cannot have these things at all unless you let your alkalinity get down. What are the things that bring down alkalinity? Smoking—that is one thing that does it. Alcohol brings down the alkalinity. Overeating of anything, no matter what it is, diminishes alkalinity. Eating too much protose, that is too much albumin,—too many eggs, too much beefsteak, or even too much beans or peas, excessive proteins of any kind will diminish alkalinity, because proteins when they are only partially oxidized in the body produce acid substances which lower alkalinity. Acid is antagonistic to alkali—the more acid the less alkali.

"Sufficient exercise raises alkalinity, because exercising in the open air takes up oxygen,

which burns up acid poisons, and so increases alkalinity. There are certain cereals which diminish alkalinity,—wheat particularly, rye, barley, oatmeal; all these diminish alkalinity because they contain an excess of acid. On the other hand, potatoes, asparagus, spinach, and all the green vegetables, corn, peas, beans, string beans, all of these foods increase alkalinity. Fruits of all sorts increase while rice diminishes alkalinity. Corn flakes and hominy increase alkalinity, because they contain less of the phosphates, less phosphoric acid. A person who has lived for a long time on canned meats, bread, biscuit, etc.—sailors, for instance, who have salt meat, biscuit,—live on bread and meat chiefly,—such persons are bound to get into a condition of diminished alkalinity.

"When the alkalinity falls far enough down, then the germs which are upon the skin and in the mouth begin to grow. They get down into the tissues and make sores in the mouth, and the teeth fall out simply because of the multitude of germs in their bodies. That happens often. A man goes to the dentist and says, 'Look at my teeth. What is the matter?' Dentists generally have the impression, I believe, that a man's digestion is bad because his teeth are bad. That is true to a certain extent. The main reason why men have bad teeth is because of bad digestion. I have found by making statistics on the subject, by examining carefully the teeth of several hundred people and comparing the condition of the teeth with the condition of the stomach, that people who have poor teeth generally have hypopepsia. It is a rare thing that a man who has lost his teeth has hyperpepsia.

"The germs growing in the mouth which attack the teeth, are permitted to grow there only because the saliva has lost its normal germ-destroying power. Saliva is the normal germicide and keeps the mouth clean. Did you ever notice what a clean tongue the dog or the cat has? Sometimes you see a cat lapping up its milk, or a dog eating its dinner, and you notice its fine clean tongue and white teeth and pink gums. You could almost envy a cat or dog's mouth, it is so clean and white. I do not believe a dog has a bad taste in his mouth in the morning. I never heard of a dog having a coated tongue unless he was sick. How many people have perfectly clean tongues? How many get up in the morning with a sweet mouth? The majority of people get up in the morning with a miserable taste in the mouth; do not feel comfortable, and cannot until they have used a toothbrush and have scoured out the mouth. You do not have to clean a dog's teeth,—why do we have to clean our own teeth?

"It is simply because we are vitally reduced. Our vitality has become impaired to such a degree that we cannot fight off these germs that are swarming in the mouth and all over the body. So we have to fight them off with artificial means; and it is very important that we do it, that we do not neglect it. But it is an evidence of depreciation, of race deterioration, that we have to do it. Somebody has suggested that the graveyards of the future would be the mines where men will seek gold. There is a lot of gold being buried nowadays, enormous quantities of gold being buried by the dentists and undertakers because our teeth are decaying so rapidly. At the present rate, it will not be many generations before we will be an almost toothless race. I have often asked school children how many of them had sound teeth. You will find most of the school children have some decayed teeth. Children sixteen years old have decayed teeth. Suppose you should buy a lot of horses and examine them and find that almost every horse in the lot had decayed teeth. What would you say of that lot of horses?

"No man would buy a horse or a cow that had decayed teeth. So what is the matter with ourselves? We cannot present one of the plainest, the simplest proofs of good health. A horse to be sound must have sound teeth, and that rule is just as good for a man as for a horse. The man who does not have sound teeth is not a sound man. Why? Because the unsoundness of his body is responsible for the decay of his teeth. It is an impure state of his blood, a deficiency in the quality, a lowered alkalinity of the blood which has led to the decay of the teeth. When a man's teeth are decayed, it means that his constitution is feeble. It is not simply the teeth that are gone, but something else also. That unsoundness which is manifested in his teeth is manifested in other ways,—less prominent, less conspicuous, but equally significant, throughout his body, throughout the vital organism. The stomach is wrong, the liver is wrong, the kidneys are wrong, there is something wrong with every organ of the body; every organ of the body is deteriorated, or otherwise the teeth would not be so bad. The use of candy, the use of meat,—there is no question that these things certainly encourage the decay of the teeth. Back of it all, however, there is the fact that the body itself is deteriorated.

"One of the most important things that has been made possible in recent times is the examination of the blood by means of which it is possible to tell the power of the blood to defend itself against disease,—the test of the opsonic index. I was telling you about that the other day,—the determination of the opsonic index. We have now in operation our laboratory tests to determine the opsonic index for pneumonia, typhoid fever, diphtheria, for the germs which produce boils, for the germs which produce bronchitis, for germs which produce consumption, and for the colon bacillus.

"This examination gives us a better test for quality of blood than anything that has ever been devised before. Prof. Wright, of England, made the discovery. Prof. Hektoen was over there and got acquainted with Dr. Wright and so became acquainted with his method and introduced the method in Chicago and we sent our bacteriologist down there to work under Prof. Hektoen and learn the method. Now we have the test carried on in our laboratory, and we shall begin the examination methodically and systematically in a very short time, so that when a man comes here we will tell him not only what disease he has, but what he is liable to get, so that he will know in advance. Suppose a man's opsonic index for pneumonia is 100. You cannot give that man pneumonia any more than you could inoculate him with an education. It would be just about as difficult, because his blood is able to kill off pneumonia germs just as fast as they come in. His blood is proof against pneumonia.

"Suppose this man's tuberculo-opsonic index is 100. He is proof against tuberculosis. He hasn't it, and he cannot get it until his index goes down. If that man is careless about his habits, so that his opsonic index falls,—goes down to the point where it has not the power to kill tubercular germs, has only half the power it ought to have, some germs will slyly creep in, take advantage of him, steal in while he sleeps, and he will get tuberculosis. The same is true with reference to other diseases,—diphtheria and other maladies.

"It is evident, then, that the body is its own defender. All these quarantine laws we talk about, and all these various ways of defending ourselves by disinfection, etc., against these infectious diseases,—they are all secondary. The primary thing is the body itself. Our aim should be to keep the body strong, and

so well and so normal that it is able to fight off every enemy that comes. And then it is not so much to barricade the body against the enemies, but to be prepared to kill off every one. Such a man needs no defense. He has the defense in himself. It is only the feeble man that needs to be fenced about. Still we ought not to expose ourselves unnecessarily."

SERMON ON HUMAN AND DIVINE SYMPATHY

Dr. Chas. C. Creegan Discourses on This Theme at the Sunday Afternoon Vesper Service

SYMPATHY—TWIN SISTER OF LOVE

DR. CHARLES C. GREGGAN of New York, secretary of the American Board of Foreign Missions, spoke to Sanitarium guests Sunday afternoon, taking for his subject, "Human and Divine Sympathy." He based his talk upon the words found in John 11:35, "Jesus wept." The speaker said that the text reveals to us the human sympathy of Jesus. The occasion was the resurrection of Lazarus, at which time he mingled his tears with those of Martha and Mary, who had been weeping on account of the death of their beloved brother, the friend of Jesus. The speaker described his visit made a few years ago to Bethany, and the spot which tradition assigns as the scene of this wonderful story.

"There is only one greater word in our language or any language than the word 'sympathy,' and that is 'love,'" said he, "in fact, sympathy is the twin sister of love. Without love there can be no genuine sympathy and when there is love in action it always takes the form of sympathy.

"I have a great deal of respect for Girard, the founder of the college in Philadelphia which bears his name, notwithstanding the fact that he had the reputation for being an infidel. At one time when he was walking by the side of a canal he saw a poor drayman lose his horse and cart in the canal. A multitude of people gathered about and began saying, 'It is too bad, how we pity him,' but did nothing in a practical way. Mr. Girard pushed himself through the crowd and placing a \$20 gold-piece in the hand of the unfortunate man said, 'I pity him so much.'

"A boy who had heard his father pray many times that God would feed the poor and clothe the naked, arose from family prayers and said, 'Father, if you will place in my hands the keys to the corn crib and the granary, I will see that your prayer in regard to feeding the poor is answered.' Is it not true that oftentimes we make prayers of this kind without ever having a thought that it is within our power to answer our own petitions?

"One way that we can show sympathy is by being kind to the dumb beasts who are unable to tell their wants. I am inclined to call Black Beauty a missionary book. It has been published in several languages and sold by the hundred thousand if not the million, and many men have been changed from cruel and brutal drivers to being kindly and gentle toward their beasts. I knew some years ago a young and afflicted girl who for several years was unable to leave her room and who did a great deal of missionary work, by placing copies of that book in the hands of cruel drivers; in many cases a wonder-

ful transformation took place in these hard men after reading that charming story.

"But there is something very much higher than kindness to dumb beasts. Many a man is found who will be kind to his horse or his dog but who does not understand the meaning of human sympathy. The fact is that one of the best ways to make ourselves strong as Christians is to be self-forgetful and give ourselves with all our strength to the service of those about us, especially those who are in sorrow or distress. In rendering such service it is wonderful how helpful upon our own souls is the reflex influence. Some years ago a young man was crossing a mountain path in the Klondike. He found himself surrounded by banks of snow. Entirely alone and almost frozen, and giving up for a moment to discouragement in view of the apparent hopelessness of his condition, he looked about for a snow bank upon which he might rest and breathe out his last. Just at this moment he saw a human hand extended from a neighboring snow-bank, apparently pleading for help. Forgetting all about himself, he took hold of that hand and pulled it out and the man back of it and began to rub into the veins and arteries of this man circulation and life. In doing this he not only saved a half frozen man, but he saved himself.

"Far above this human sympathy which I have emphasized, is the divine sympathy without which none of us can ever be completely happy. In our times of great sorrow our feet will be swept from the rock by the waves of trouble which roll upon us unless somehow we can hear the Father's voice. Dr. Gunsaulus of Chicago vouches for the following story as historic:—

"During the dark days of the civil war one morning President Lincoln told the officers and guards about the White House that he must have the entire morning to himself to prepare an important state paper. Under no circumstances would he consent to be disturbed. Presently little Tad, his favorite son, the idol of the White House, the dear boy who soon after this incident passed away, and for whom not only the beloved President, but the whole nation mourned, came running into the outer room crying as if his heart would break. The officers, remembering the instructions of Mr. Lincoln, tried to get the occasion of the little boy's grief, for he was crying as if his heart would break, and learning that some hoodlums had fallen upon him, almost causing his death, these officers and guards told him they would take him to Secretary Seward and that he would punish those who had injured him, he immediately replied, 'I don't want Mr. Seward, I want my father.' They then told him that Gen. Grant, who was at the head of the army, was in the city that day, and they would take him to the great general. He again replied, 'I know all about Gen. Grant, but I don't want him, I want my father.' The cries of the little boy were heard in the adjoining room where the great President was at work on his state paper. He immediately opened the door with his own hand, took the boy into his arms and to his bosom, and with his hand wiped the tears from his cheek. In a few moments the boy was quiet and comforted because he had found his father. Secretary Seward and Gen. Grant, great as they are, could never comfort that wounded spirit. There come times, my friends, when no earthly friend, no human sympathy, will wipe away our tears, will comfort our broken hearts. At such times it is our privilege to hear the voice of our Father, to feel the touch of His hand. The text reveals to us the heart of the Son of God. Jesus our Lord, who came to earth in order that He might reveal to us the infinite love, the great heart of our Heavenly Father."

"We help ourselves when we help others."

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VOL. II MARCH 26, 1909 No. 15

THE DUTY OF HEALTH

HENRY F. COPE, whose sermonettes in the Chicago press are read each week by thousands, paid a visit to the Sanitarium recently and became more strongly impressed than ever before with the duty of health. In the April number of *Good Health* he contributes an exceedingly practical sermon to the Health Seeker, taking his text from 1 Corinthians 6:20: "Glorify God in your body," from which we print the following excerpts:

"The day has passed altogether, we hope, in which sickness was a sign of saintliness, in which dyspeptic groans gave evidence of divine grace. Now, when we are working and praying for health and vigor, it seems impossible that once we looked askance on the religious professions of the persons guilty of red blooded vitality and power.

"Perhaps we are in danger, however, of a devotion to the needs of the body and the perfections of the flesh which may be at bottom as unethical and evil as was the suicidal slighting of hygiene and health of former times. The man or woman who neglects health in devotion to some high aim is decidedly of higher value, altogether a better being, than that one who, ruthlessly regardless of others, pushes at any cost into the full physical life for himself.

"A de-spiritualized devotion to health will make us no more than highly bred pieces of stock and will soon turn the ways of men into little better than pastures of splendid beasts, beautiful in form, supple and full of physical grace, but simple beasts, after all, with the baser being in the ascendancy, and soon, as the servants and tools of the body gain the mastery, to make those fair pastures reek with the slaughter of sensual competition.

"On the other hand, a spiritualized body of health seems to many to mean its present devitalization in order that it may the earlier and easier make its transition to the spirit world. To such people no man is good enough for heaven who is good for anything on earth and the best way to glorify God is to honor him with the lips while the life flagrantly disregards his plain and holy laws for its regime.

"Between the slow suicide of the sanctimonious saint who seeks to prove his eternal worthiness by his temporal worthlessness and the other extreme of the selfish sensualist who, by his self-centered living, just as effectively commits suicide, where lies the happy path of the right? To both extremes we all at different

times tend. Who shall show us the path in which health and holiness become synonymous?

"There is a motive in health-seeking, in the endeavor for the full life which will shake off the delusions of the hypochondriac and often hypocritical seeker after a saintly sickness and will save us from the snare of a merely selfish and sensual passion for vigor and for physical powers. It is the motive the great Teacher gave when he told us to 'seek first the Kingdom.'

"Here, then, is the real reason for seeking the full life, the life that costs care, that means perhaps constant self-denial until it finds the habit of sane, strong living, the life that costs pain until that pain leads to pure pleasure, the life that glorifies God because it is gloriously good, in the obligation we have to give the world our very best selves, our completest life; and in this path of duty lies life's supreme delight."

BENZOATE OF SODA

THE Referee Board has reserved the ruling of Dr. W. H. Wiley, chief of the Bureau of Chemistry, with respect to the deleterious qualities of benzoate of soda in preserved foods. Whatever may be the case, no one can challenge the following propositions of Dr. Wiley:

There is not a single article of food which has been commonly preserved by means of benzoic acid or benzoate of soda which cannot be preserved and offered to the consumer in perfect condition without the aid of any chemical preservative.

The greater care which is required in the manufacture of food products without the use of benzoic acid or benzoate of soda, necessitating the use of a higher quality of raw material, will place the industries which would otherwise use these preservatives in foods on a better plane, and secure for their products a greater consumption.

Note the statement of the *New York Times*, that the law still remains that manufacturers must register on their labels the amount of chemicals contained in their packages. "So long as this rule shall be enforced purchasers will be on notice that preservative has been employed that can conceal a state of putrefaction in the raw material used." As it is, an experiment that took nine months to demonstrate can hardly, in the nature of the drug under consideration, be overturned by a two months' investigation, especially when the investigation was conducted by chemists, some of whom have not in recent years been out of the chemical laboratories, and whose especial lines were not foods. —Ex.

"Not till each loom is silent
And the shuttles cease to fly,
Shall God unroll the pattern,
And explain the reason why
The dark threads were as needful,
In the Weaver's skillful hand,
As the threads of gold and silver
For the pattern which He planned."

"If a man waits until he himself is perfect before helping others, he will never help anybody."

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FOR PHYSICAL EDUCATION

(Continued from Page 1)

them by 'making good' in the field of might. In contrast to this the big men of the civilized communities are those who control by diplomacy.

"Most of our really 'big' men, however, have learned the lesson of the necessity of combining the physical and the mental, notably Wm. Ewart Gladstone and Theodore Roosevelt—each of whom assiduously cultivated his body every day. The trouble with many of the young people of the period who aspire to great things is that they see the dazzling accomplishments of the master brains but fail to see that there is a necessity for physical equipment—so they dash into offices and bury themselves in mental work only to find themselves unfit for the fray.

"Now there is a remedy for the situation. Physical education and mental education should be correlated. This is needed much more now than in the pioneer days when life was more or less of a physical struggle. We are fast becoming a race of city dwellers. In Massachusetts the population is eighty per cent city dwellers. In London, it is said that there is no one whose great grandparents and intervening ancestors have been continuous residents there, showing that London city dwellers become extinct in four generations.

"Exercise or muscular movements have two classes of effects, first the mechanical or physical, second the nervous or mental. Under the first head all the activities of the body are stimulated—the circulation, the digestion, respiration, excretions and cellular activity. By the second there are three results, first, the mental by which quickness and accuracy are developed; second, the moral, resulting in better self control, courage and other higher qualities which produce a moral uplift; third, the development of proper habits, which, according to William W. Hastings, Ph.D., president of the department of physical education of the National Educational Association, is most important. The development of proper muscular habits goes through the following course: when a new muscular activity is attempted one is quite awkward and only by constant repetition and anything like skill be attained. After constant repetition the act becomes 'habitual.' For example, the putting on of one's coat is always done in the same manner and to do it in the opposite way is most awkward. When you clasp your hands you always place the same thumb uppermost and to attempt to clasp them in a reverse manner is exceedingly awkward. When you start to walk you invariably put the same foot foremost—some people using the left, others, the right. When the large muscular movements have been practiced for months the 'habitual' act becomes an automatic one, being performed with very little volition on the part of the person—as for instance the act of walking.

"The classes of physical exercises can be divided into six:

"*First.* Industrial, as seen in the various trades and occupations; the effect in these cases being principally mechanical, though the adeptness which one acquires in his trade indicates a certain amount of mental training. Nearly all the ordinary occupations are forward, and have a tendency to round shoulders, flat chests and relaxed abdominal muscles.

"*Second.* Educational, the ideal course being to take a child of eight years teaching him the simple movements, first by imitation and later by command and as he grows older the more complex movements by command and later voluntarily. Great value here lies in the effect seen on the brain.

"*Third.* Hygienic: that class of exercises such as walking, horseback-riding, light gymnastics, that everyone of sedentary habits should

practice for the sake of maintaining health. Its effect is mechanical, improving the circulation, digestion and breathing.

"*Fourth.* Recreative, this should be some play or sport entirely different from the person's ordinary occupation. There is a paradoxical tendency among the brain workers to seek relaxation in mental diversions and among the muscular workers to spend their idle hours in manual labor about the house or perhaps on the base-ball field.

"*Fifth.* Corrective or medical gymnastics, which are utilized to overcome the deficiencies in any of these preceding classes. Often a man will not seek aid from medical gymnastics until he has become physically bankrupt. He, himself, would laugh at an educational system which left a business man to study book-keeping after he had become a financial bankrupt. This class of gymnastics is for the purpose of overcoming flat chest, flabby muscles, spinal curves, congested organs, relaxed abdominal muscles and prolapsed organs.

"*Sixth.* Athletics and professional gymnastics. Probably more harm has been done to the cause of physical education in the last twenty years by athletics than by any other one factor. Many times the athlete himself may be benefited though in not a few cases the benefit is doubtful. For him to develop huge masses of muscle which are useless in his after life is a gymnastic error. A man should develop an all around muscular machine adapted to his calling in life and by keeping this in good condition he will enjoy the best results of a balanced physical education.

"However, the worst damage of athletics has been to the common, or unathletic classes. The already developed vigorous youths are pushed ahead to the fore and receive further development by athletics, while the undeveloped are forced to stand on the side lines and do the 'rooting.' If the energy of our physical directors and the money of the athletic associations could be turned to the all round equal development of the masses in our schools much more would be accomplished for racial efficiency than under the present plan."

SOME FACTS ABOUT GERMS

Dr. Kellogg Replies to Some Questions Regarding These Disease Producers

STRONG SUNLIGHT DESTROYS THEM

THERE are many different kinds of germs, and germs are exceedingly small. Most of the disease germs that we are familiar with are so small that it would take 20,000 of them to make a row an inch long. That means eight trillions of germs in a cubic inch. About half of the street dust is made up of germs—pneumonia germs, typhoid fever germs, diphtheria germs, putrefactive germs, germs that produce consumption, germs that produce catarrh, germs that produce tonsillitis, and germs that cause abscesses—all kinds of germs are floating about in the air of the street. Now the air of the house is simply the air of the street that has been floating in through the windows and settling on the carpet, and just as things get well settled, along comes the housekeeper and with a broom stirs them all up and they get into the air again where you have to breathe them. After a while the dust settles down on the floor, and while it is on the floor it doesn't do any harm; but the housekeeper keeps stirring it up and every little while she comes around with a feather duster and dusts everything, and

that sets it all going again, and then you have to breathe it. Did you ever notice that when the housekeeper comes along with a broom and begins to raise the dust, the old house cat gets up and goes out? It is unlikely that she does this because she is afraid of the broom. It must be that she is afraid of the dust. She thinks it is best to leave. So the dust is all stirred up and it settles down upon the curtains, shelves, bookcases, stands and chairs. That Pandora's box under the carpet is a place where germs accumulate in prodigious numbers. When you take up a carpet and take it outdoors after it has been indoors on the floor a while and beat it, you know what an enormous quantity of dust comes out of it—and that dust is chiefly germs. The wonder is that we live at all.

Go into the ordinary house where there is plaster and look up at the ceiling. If it has not been plastered very recently, you can tell where every lath is. Those streaks are simply dirty places where dust has accumulated. Every one of these black streaks marks the space between the laths, and that shows that there is an upward movement of the air. The dust is traveling in the air and accumulates in the spaces under the floors and in the walls. Rats also hide around in these places and carry in dirt and rubbish, raise their families and filth accumulates. Houses that have been occupied for some little time get a flavor that is peculiar to the house. That flavor depends upon the kind and quantity of the filth that is accumulated underneath the floors and in the partitions.

By and by we will have houses made of glass or stone. Mr. Edison's idea to make a house of Portland cement is an excellent one, but we will get beyond that and have our houses made of glass. Then our houses will have the best possible protection from all kinds of atmospheric disturbances, from electrical dangers, because glass is an insulator, from changes of temperature, from changes in moisture, wind, rain, etc., and from cold; so glass would certainly make the very best kind of house. Then we can let the light shine in. Our houses must be filled with light in order to be clean. Light kills germs. Germs cannot live in the presence of light. From five to ten or fifteen seconds of intense sunlight will kill the very worst kind of germs. It will kill typhoid fever germs, cholera germs, and plague germs. Just a few seconds of sunlight or a few hours of diffused light is sufficient to destroy them. A few weeks of daylight will kill even typhoid fever germs in water. The United States Government has recently discovered that when water is stored up for four or five weeks the typhoid fever germs are nearly all destroyed and nearly all germs of every sort, so storing water is one of the means of making it pure. Water that is kept in a bottle for six months will be perfectly clean, and that recalls a story told by an old sea captain more than forty years ago. This sea captain declared that when he was sailing on the ocean they would sometimes put up water in kegs, and after they had been out for six months this water was beautifully pure. They would get impure water, almost any sort of water, put it up in kegs, and it would undergo some process of fermentation, he thought, and become as sweet and pure as could be. He found that out by experience, and now Government experiments that have been recently made seem to confirm this idea entirely.

Husband.—May, just send up some filtered water.

Wife.—Which was it last night—"Detained at office" or "A friend at the club"?

Husband.—Why?

Wife.—Because I didn't know whether you wanted a tumbler or a pailful.—*London Opinion.*

QUESTION BOX DEPARTMENT

EACH Monday evening Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics. Questions must not be sent to the BATTLE CREEK IDEA.

Q. How long could one stand it on two or three hours of sleep a day and work hard all the time?

A. The average person needs eight or nine hours' sleep, and it is not wise to strain your constitution or nerves by going without sleep when you can possibly get it.

Q. Would it be beneficial for a person with bronchitis to take cod liver oil in the winter months?

A. Only in the absence of any other fat. Cod liver oil is better than no fat at all, but it is the worst fat I know of. The principal difference between cod liver oil and any other kind of fat—butter, for example—is that cod liver oil is contaminated with the extract of rotten cods' livers. An eminent firm of chemists in London a few years ago made a careful study of cod liver oil, and they found that the one peculiar property of cod liver oil is the ptomaines and poisons which are extracted from the rotten livers from which the oil is obtained.

Q. What causes spots and motes which move and float in the center of the vision, before one's eyes, when tightly closed?

A. There are specks in the vitreous humor, probably. If they move along with the eye they are in the back part of the globe of the eyeball. If they move in the opposite direction, they are in the front side of the eye.

Q. What is the best way to cure colitis?

A. Eschew meats of all kinds and live on the low protein diet. Live outdoors, keep the bowels active, and especially eat as much raw food as you can. Be sure the bowels are thoroughly evacuated once or twice a day. A yogurt diet is especially important in such cases.

Q. When one's general health is O. K. and he sleeps well, yet suffers general inconvenience and constant pain and pressure in and about the region of the bowels, will the following of careful dietetic righteousness, sunbaths and water baths, effect a cure of the ills enumerated?

A. It is probable that in this case there is a colitis. Maybe it is due to distension of the small intestine with gas. The diet should be regulated to this exact condition. If there is

a good deal of gas, it may be from fermentations there which cause the formation of gas. In this case the patient should take a diet which would starve all those germs, and in some instances the patient should take antiseptics.

Q. What is the best substitute for mother's milk?

A. The best substitute I know of is Lactin, which is prepared from almonds and other things with malt honey. Malt sugar takes the place of the sugar of milk. The fat of the nuts takes the place of the fat in the milk. The vegetable casein which is in the nuts is more nearly like the casein of mother's milk than any other substance that can be found possibly.

Q. Is there any relief for numbness caused by anemia?

A. Yes; as soon as the blood is restored, the anemia will disappear and the numbness will disappear at the same time. It may be that vibratory treatment and the sinusoidal current, or some other of our various applications will cause the numbness to disappear. These measures are of very great service, and so are nearly all hydropathic applications.

Q. What is the best treatment for catarrh of the stomach?

A. The stomach must be washed out, treated by proper diet, and most of all the system at large must be built up, and then the body will cure itself.

Q. How can we sterilize our own butter when we go home?

A. Simply boil the cream for fifteen or twenty minutes; then churn it.

Q. Do you approve of the use of antitoxin in the prevention and treatment of diphtheria?

A. It seems to be of service.

Q. A recent magazine has an article entitled, "Why Eat Meat," which says that there are entire countries of people who do not eat meat. Is that true?

A. Most certainly it is true. The majority of people living on this earth at the present time use meat in very small proportion. In Mexico there are large cities that are very populous, containing perhaps half a million inhabitants, where meat is scarcely ever tasted.

Q. Is maple sugar good for people who have hypopexia?

A. No, it is not good for anybody. Maple sugar, like cane sugar, should be taken, if at all, in very small quantity, and many persons, especially people who have catarrh of the stomach and arteriosclerosis, must avoid it altogether.

Q. Do you approve of vaccination for small-pox?

A. Vaccination is a makeshift, without doubt. It is not the proper method of getting rid of this disease. It is producing a disease like small-pox and so producing immunity against it. There is no doubt that there is some protection afforded by it, but there may possibly be evils in vaccination that are not as yet fully appreciated. By the old method of vaccination, there were certainly very great evils.

Q. What is a fever?

A. A fever is a process in which the body is seeking to battle with certain invading germs. I think a fever is nearly always the result of germs invading the body, and these germs produce toxins which destroy the heat regulating processes of the body, the heat raising and lowering processes of the body.

Q. Is milk a suitable food for young children?

A. Yes, mothers' milk; not cows' milk. Cows' milk may be the best you can get, but as a matter of fact it is not really good food. Every animal produces a lacteal fluid which is just right for nourishing its own young.

Q. Is there any cure for a man who has been stung with bees a great many times and has suffered constantly from stings for the last six years? No marks on the skin.

A. I should say this person had an idiosyncrasy. Generally people who are stung continuously become immune to the stings after a while; but this man seems to be incapable of becoming immune. I should say he had better wear some sort of protection.

Q. What causes and cures rickets?

A. Rickets is due to intestinal auto-intoxication more than to anything else. It is a settled fact, now agreed upon by physicians, that the simple loss of lime salts, the absence of lime salts in sufficient quantity in the food, is not the only cause of rickets.

Q. What food should a person eat who has catarrh of the stomach and bowels?

A. Yogurt is one of the very best things for such a diet; it will help to kill off the germs that produce the catarrh.

Q. Are wheat grits, hominy grits and cornmeal mush open to the same objection as oatmeal mush as regards the tendency to produce an inactive state of the bowels?

A. No. Wheat grits have no tendency to produce an inactive state of the bowels. Hominy and cornmeal have, because the bran has been entirely removed, but oatmeal is the worst of all because of its pasty consistency. We shall soon have oatmeal in a better form, similar to rice biscuits and wheat flakes.

Q. What is the normal blood-pressure, and what relation to it do the diastolic and systolic pressures have?

A. The systolic pressure is the maximum pressure. When the heart beats and forces the blood into the veins the pressure rises to the top, and that is the systolic pressure. Between the beats the pressure falls, and that is the diastolic pressure. The real pressure is the mean between the two. Add the two together, divide by two, and you have the mean pressure.

Q. What are good combinations of food and what are bad combinations?

A. All combinations are good if the food is chewed well.

Q. What about onions? Are they wholesome?

A. Onions are not unwholesome, but they are irritating to people who have very sensitive stomachs. Onions ought to be cooked in such a way as to expell the essential oil. They contain sugar and some nutritive properties that are valuable, but the essential oil which the onion contains is irritating, and the onions should be long cooked. The best way is by roasting or by long stewing, so as to drive off all the volatile oil.

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PERSONALS

Mrs. R. F. Cilley of Ionia, Mich., is a patient at the Sanitarium.

Mr. L. E. Crossfeld of Chicago is here as a patient.

Mrs. John McGhie of New York City is resting here.

Mrs. E. J. Murtagh of Algona, Ia., is a patient here.

Mrs. S. M. Taylor of Pine Bluffs, Ark., is a new southern arrival.

Mr. and Mrs. H. Riedeburg of Milwaukee, are patients at the institution.

Mrs. Edward W. Allen of Napoleon, O., is resting here.

F. W. Crabb of Ottawa, Ont., is sojourning at the institution.

Mrs. C. H. Krenz of Chicago, is a newly arrived patient.

Mrs. T. C. Smith of Clarendon, Ohio, is taking treatments here.

Mrs. James Allison of Cleveland, O., is among the week's arrivals.

Mr. and Mrs. Benjamin Monette of Columbus, O., are resting here.

Atty T. H. Ryan of Merrill, Wis., is here for rest and treatment.

Mrs. L. H. Thompson of St. Louis, Mo., is a newly arrived patient.

Dr. and Mrs. W. D. Neville of Eagle River, Wis., are patients here.

Dr. H. K. Hyndman of Exeter, Ont., is a patient at the Sanitarium.

Mr. C. A. Gessel of Tomahawk, Wis., is here for rest and treatments.

Messrs Allen Andrews, senior and junior, are here from Hamilton, O.

Mrs. L. M. Wing of Coldwater, Mich., is among the week's arrivals.

Mr. William Tucker of Ripley, Tenn., is among the week's arrivals.

Mr. George Krebs and son Adolph Krebs of Hamilton, O., are resting here.

The Rev. E. H. Richards of East Africa is here for rest and treatments.

Mr. H. D. McCarthy of Ingersoll, Ont., is a recently arrived Canadian guest.

Mr. J. T. Walton of Sturgis, Mich., joined his wife and daughter here this week.

Mrs. E. P. W. Ritter and Miss L. V. Ashdown of New York are newly arrived patients.

Mrs. Herman Erb and daughter, Miss Erb, of Appleton, Wis., are sojourning at the Sanitarium.

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Mr. and Mrs. H. H. Hones of Calgary, B. C., have come to the Sanitarium for rest and treatments.

Mr. and Mrs. Otis McNeely and daughter Miss Ruth of Blue Mound, Ill., are among the week's arrivals.

Mr. and Mrs. A. R. Teachout of Cleveland are listed among the several guests to arrive this week from Ohio.

Dr. W. M. Leonard of Akron, O., accompanied his daughter to the Sanitarium. She will remain for treatment.

Mr. W. N. Lovelace of Martin, Tenn., a frequent patron of the Sanitarium, arrived this week for a few weeks' stay.

Mrs. George Kennan of New York has joined Mr. Kennan here and will remain until he is completely restored to health.

Prof. E. B. and Mrs. Scheve of Grinnell, Ia., are resting here. Prof. Scheve is head of the music department of Grinnell college.

Dr. C. C. Creegan of New York who has been spending a few weeks here recuperating, left Wednesday night for Toronto where he will join Mrs. Creegan.

Mr. and Mrs. M. D. Adams of Belisapur, India, missionaries to that district for many years, have arrived at the institution and will remain for rest and treatments.

President Samue IPlantz of Lawrence College, Appleton, Wis., is sojourning at the Sanitarium taking rest and treatment. Mr. J. McNaughton a prominent paper manufacturer of Northern Wisconsin, also of Appleton, is a guest at the Sanitarium this week.

News Notes

The sophomores and juniors of the American Medical College left Tuesday for six weeks' work in the anatomical laboratory at Chicago. The freshmen have returned and have begun classes.

Mrs. Alfred Steinel, Manchester street, entertained informally Wednesday night in honor of Miss Steinel who left this week for the east where she will be connected with the Attleboro (Mass.) Sanitarium conducted by the Drs. Nicola.

Miss Jessie Midgley has succeeded Mrs. Philip Burt as head nurse in the women's treatment rooms. Mr. and Mrs. Burt will leave early in the month for the west to make their future home.

Dr. Wilfred T. Grenfell will arrive the first of next week and will speak before Sanitarium guests and employes Monday night. He is making a lecture tour in the interests of the Sailors' hospital at St. Johns, Newfoundland.

The evening of readings given by Wallace Bruce Amsbury last week elicited high praise from all who were present. The speaker gave a well chosen program of miscellaneous readings in a finished manner, including poems of Kipling, Riley and other favorites. He so impressed his audience with his ability that it has been suggested that he be invited to return during Chautauqua week. The schedule of entertainments for the next few weeks including the following: Saturday night, March 27, program of music by the Sanitarium orchestra; April 3, Miss Marian Cock, who will lecture on "Fascinating Cairo," the lecture to be illustrated with the stereopticon; April 7, benefit concert for the Sanitarium Orchestra; April 10, Miss Anne Watson, director of English and oratory in Benton Harbor College will give dramatic readings. Later in the month Miss Lacy, soloist, of Saginaw, Mich., will give a program.

"A little toil and a little rest,
And a little more earned than spent,
Is sure to bring to an honest breast
A blessing of glad content.
And so, though skies may frown or smile,
Be diligent, day by day;
Rewards shall greet you after awhile,
If you just keep working away."

The Battle Creek Diet System

For thirty years the Battle Creek Sanitarium has been curing sick folks by regulation of diet and other physiologic means. The diet system which has been developed is recognized as the chief factor in the building up of the world-wide reputation of the great institution.

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ARRIVALS

THE list of arrivals for the week ending March 22 is as follows: H. V. Chase, O.; William Harryden, Mich.; Mrs. A. J. Darling, O.; S. Bemrod, Mich.; Lou George, Wis.; William Richingel and wife, Ill.; Edward P. Singleton, O.; Walter E. James, O.; Mr. and Mrs. P. Hugler, Ill.; Mrs. O. M. Van Carmach, Ill.; A. R. Teachont, Jr., O.; Roland E. Nicholls, O.; C. A. Christopherson, O.; M. F. Maier and wife, O.; J. F. Charlton and family, La.; E. Martin; Mr. and Mrs. Horace Wright, Minn.; Misses Laverne and Lillian Wright, Minn.; Emma Lynch, O.; Mrs. George Huxam, N. Y.; Miss Tillie Johnson, Iowa; E. H. Richards, O.; Mrs. Richards, O.; Alfred Strehler, O.; Mrs. L. M. Wing, Mich.; H. Finger, Canada; John Fletcher, R. I.; Mrs. Herman Erb, Wis.; Miss Erb, Wis.; Mrs. C. H. Krentz, Ill.; Otis McNeil, wife and daughter, Ill.; H. H. Honens, Canada; William A. Brown, Ill.; E. Michaels and wife, Mich.; William Becker, Ill.; Mrs. S. M. Taylor, Ark.; Elizabeth McAleely, Ind.; H. D. McCarty, Ont.; W. W. Leonard, O.; George Masters, Ill.; Mrs. C. V. Jackson, Mich.; Mrs. S. C. Clark, N. Y.; Mrs. D. P. Chalker; Edwin B. Schene and wife, Iowa; S. E. Grossfeld, Ill.; Mrs. W. B. Laing, Ind.; Mrs. G. P. V. Ritter, Mo.; Miss L. V. Ashdown, Mo.; Ted Wilson, Mich.; S. M. Crombie, Mich.; J. M. Bushong, Mich.; Karl V. Godfrey, Mich.; J. Mudge, Mich.; Mrs. E. J. Wurtzle, Iowa; J. G. Hayes, Ill.; Max Henning and wife, Ill.; Wallace Bruce Amshury, Ill.; F. W. Crafter, Ill.; Mrs. E. F. Cilley; Mrs. T. M. Dove, Mich.; F. J. Seidler, Mich.; J. G. Wilson, Mich.; Dr. C. J. Swan, O.; Mrs. T. C. Smith, O.; R. E. Willis, Ind.; Mrs. Ella Welsh, Mich.; G. R. Shinkle, Ind.; Allen Andrews, O.; Allen Andrews, Jr., O.; Mr. and Mrs. L. H. Thompson, Mo.; Dr. Marx, Ill.; Mrs. James W. Allison, O.; J. F. Walton, Mich.; W. T. Bryan, Ind.; W. N. Lovelace, Tenn.; H. H. Hounen; H. K. Hyndman, M. D., Ont.; Allen McConnell, Ont.; Samuel Plantz, Wis.; John McNaughton, Wis.; Henry C. Crockett, N. H.; Benjamin Monett and wife, Ohio; M. D. Adams and wife, India; Mrs. John McGhie, N. Y.; J. P. Short, Ind.; E. R. Pease, Can.; G. R. Clover, Ill.; Miss Alberta Angell, Mo.; C. A. Gesell, Wis.; Abe Cohn, Ill.; D. W. Jordan, Mo.; R. Magladery, Ill.; A. K. Trudera, Minn.; Miss Eva Ripley, Mich.; Albert Burnham, Mich.; Mrs. P. Hayler, Ill.; J. B. Jones, Ind.; Mrs. J. C. Hansen, Ill.; Mrs. J. Miller, D. C.; Mrs. G. Klumen, N. Y.; W. D. Miller and wife, Wis.; John Ganley, Mich.; L. K. Bishop, Mich.; Helen A. Crosby, Mich.; Fred B. Talbert, Ia.; E. A. Buck, Mich.; Arthur Dilley, Mich.; A. Milnes, Minn.; Mrs. Edw. Walter, Ohio; H. Reideburg, and wife, Wis.; Harriet Grundy, Mo.

"A man can live up to the teachings of Confucius and not reach a very high plane."

THE ROAD TO SELF MASTERY

Mrs. Anna Jenness-Miller Speaks on This Topic at the Sanitarium Tuesday Evening

MRS. ANNA JENNESS-MILLER has been spending the week at the Sanitarium and on Tuesday evening lectured before the guests on "Triune Development—The Road to Self Mastery." Her lecture was much enjoyed and showed her powers as an entertainer to be no whit lessened by her long retirement from the lecture platform. She will tour this country and England during the coming year. Her world-wide prominence as an advocate of dress reform will serve as an introduction, although she long since ceased to speak upon that topic. Her lecture on triune development will appear in a subsequent issue.

THINGS THAT NEVER DIE

THE pure, the bright, the beautiful,
That stirred our hearts in youth,
The impulses to wordless prayer,
The streams of love and truth;
The longings after something lost,
The spirit's yearning cry;
The striving after better hopes—
"These things shall never die."


The timid hand stretched forth to aid
A brother in his need;
A kindly word in grief's dark hour,
That proves a friend indeed;
The plea for mercy softly breathed,
When justice threatens high;
The sorrow of a contrite heart—
"These things shall never die."

The cruel and the bitter word,
That wounded as it fell;
The chilling want of sympathy
We feel, but never tell;
The hard repulse, that chills the heart,
Whose hopes are bounding high,
In an unfading record kept—
"These things shall never die."

Let nothing pass, for every hand
Must find some work to do;
Lose not a chance to waken love—
Be firm and just, and true;
So shall a light that cannot fade
Beam on thee from on high,
And angel voices say to thee—
"These things shall never die."

—Charles Dickens.

"The man who stops to calculate how much good will come to him out of the good he does, will never do any good."



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THE BATTLE CREEK IDEA

VOL. II, No. 17

BATTLE CREEK, MICH, APRIL 2, 1909

PRICE, 2 CENTS

\$500 IS RAISED FOR SEAMAN'S INSTITUTE

Dr. Wilfred T. Grenfell Arouses Interest of Sanitarium Guests and Employees in His Work

THE "PATRON SAINT OF LABRADOR"

THROUGH interest aroused by Dr. Wilfred Grenfell's lecture, given Monday night in the Sanitarium gymnasium, nearly \$500 was raised



Sir Wilfred Grenfell

for the fund to establish a fisherman's and seaman's institute at St. John's, Newfoundland.

One of the largest audiences that has ever gathered in the Sanitarium greeted the doctor and the applause that followed his introduction by Dr. Kellogg was an indication of the warm admiration his audience had both for the man and for his work. It was not the first time a Sanitarium audience has had the pleasure of listening to Dr. Grenfell, for he never fails to stop here to greet his friends when in this part of the country, and as a member of the advisory board of the American Medical Missionary college he has a personal interest in the student body, which like himself is pledged to a life of service. He addressed the students in chapel Tuesday morning and impressed them

(Continued on page 5)

Necessity for Mouth Digestion

Dr. J. H. Kellogg Explains to Sanitarium Guests the Value of Fletcherizing

EVIL RESULTS OF NEGLECT

"ONE of the most important features of thorough chewing, or Fletcherizing, is that it seems to lead one into other methods of dietetic righteousness. If the mouth digestion is what it ought to be, the entire digestive process is performed with perfect regularity and with efficiency; whereas if the mouth digestion is neglected, everything else goes wrong. For a long time, it is true, the stomach seems to be able to substitute a form of activity for the work of the mouth. That is, if the food is not properly chewed, the stomach will retain the food and roll it over and over for a long time until the work of the mouth has been to some

(Continued on page 3)

Chautauqua Program Out

Strong List of Attractions Offered to Battle Creek Citizens This Year

MANY FINE MUSICAL FEATURES

SECRETARY JOHN I. GIBSON of the Business Men's Association, with the committee in charge of the Battle Creek Chautauqua, has announced the tentative program for the coming season. Last year's experiment proved so successful as to warrant continuing this most excellent form of entertainment and extension educational work. So numerous have been the demands for tents on the ground by families who wish to spend their entire time there during the session, that arrangements are being made to double the accommodations and to secure twice the number of acres. A feature that will please the children will be Miss Lamkin's clubs for boys and girls, called Das Garten-spiel. The form of play and instruction is said to be even more fascinating than the Seton Indians of last year.

Among the prominent speakers on the pro-

(Continued on page 2)

MRS. JENNESS-MILLER ON TRIUNE DEVELOPMENT

Noted Advocate of Hygienic Dress Speaks on Three-Fold Development to Sanitarium Guests

EXPLAINS TRUE SELF MASTERY

MRS. ANNA JENNESS-MILLER who a few years ago won worldwide fame as an advocate and lecturer on hygienic dress, has been a guest at the Sanitarium for the past week, and while here gave her new lecture on "Triune Development—The Road to Self Mastery," before the guests and a large number of interested club women from the city. The lecture was illustrated with the rhythmic movements which Mrs. Miller herself originated, the music for which is to be written by Bertram Shapleigh, one of the noted musical composers of Europe. The movements are poems of grace and beauty when given by Mrs. Miller and at

(Continued on page 9)

THE TURKISH REVOLUTION: SOME CAUSES AND EFFECTS

Dr. Clarence D. Ussher, Medical Missionary to Turkey, Tells Sanitarium Guests Much of Interest

AN OPEN DOOR IN TURKEY

THE Rev. Dr. Clarence D. Ussher, son of Bishop Ussher, spoke before Sanitarium guests Sunday night in the parlor, telling of the causes that led up to the Turkish revolution and some of the effects. The Rev. Dr. Ussher has been a medical missionary to that country for the past eleven years and is now taking his first furlough. He is spending a short time at the Sanitarium taking treatments before rejoining his family who are in the east.

His descriptions of the country, its resources and the conditions that maintained there before the famous bloodless revolution of 1907, held his audience intensely interested, and his explanation of the problems that the mixed Moslem and Christian population would have to face presented many illuminating features.

The problem—how long will this new order of things last, and is the government stable—is one that instantly suggests itself to the mind.

Dr. Ussher answered it by citing a hypothetical condition: "Suppose President Taft should issue a decree to the effect that all the blacks and whites were equal—that they would be equally represented on the judge's bench and in the juries down south—that black men would have the privilege of sitting in judgment on their white brothers, what would be the effect? The conditions in Turkey are somewhat analogous to that. The Moslems have been trained for ages to despise the 'infidel'—the Christian. The Koran does not allow him to treat the Christian on the plane of equality. Islam is contrary to progress and the brotherhood of man. Since the constitution was granted on July 24, 1907, there have been such fraternizations as would seem almost unbelievable. They have kissed each other on either cheek and danced about on the streets together in their joy—but when the affairs become more settled, when the Moslem finds Christian officers associated with him or over him, Christian jurymen passing judgment upon his acts, it is bound to create a race hatred. There is now an open door to Turkey. The Moslems are taking the Christian by the hand and asking about his religion. Now is the time for the Christian nations to send their messengers to teach the Moslems something of the spirit of Christ. We cannot expect that they will all become converts, but they are open to the influence of the Christian spirit, and when the fanatics of Islam turn to Christianity they will become nations of Pauls and put other Christians to shame."

Dr. Ussher's headquarters are at Van in Asiatic Turkey, one hundred miles from Mt. Ararat and thirty-three days' journey, by horseback, from Constantinople. The country the family passed through on their way to Constantinople was of a beauty, he said, that made speech seem a sacrilege: snow-capped mountain peaks, outrivaling the Alps in beauty, torrents and cascades, swift flowing rivers, acres of rhododendron and peonies and other flowers in full bloom, handsome trees and shrubs bordering the roadways. The country, too, is rich in minerals, quantities of gold, silver, copper, lead and great coal fields that have never been touched.

Until the present time all of the mineral wealth of the country has been considered to belong to the Sultan, and as a consequence it has been very little exploited. The people themselves, he said, were clever and capable. The Greeks and Syrians are shrewd, excellent merchants, but outstripped in shrewdness by the Armenians. Turkey, he said, was not one country but five—European Turkey, divided up into Albania and Christian Macedonia; the Turkey of Syria and of Arabia, Anatolia, Kurdistan and Armenia, etc., etc., all differing as much as America does from Mexico. There are seven principal languages spoken and many dialects. "One thing you must remember over here, when you are criticizing the new Turkish government," said he, "is that no one member of the Turkish legislature can speak and be understood by all the other members, and that they have many problems."

Dr. Ussher represents the American (Congregational) Board of Foreign Missions and is at the head of the dispensary and hospital which last year treated 24,356 patients. The mission also conducts a girls' school for three hundred pupils, and a Boys' Orphanage where fourteen trades are taught and 600 boys are now being given an education along trade lines. The mission also had an industrial building where seventy-five families are supported by lace work and twenty-five families by rug and fancy work. There is a Sunday school with three hundred and fifty children under twelve years of age and the congregation that weekly

gathers at the church numbers from eleven to fourteen hundred. Their eagerness to attend church is so great that they crowd the aisles and sit on the steps and about the pulpit. Yet, despite all the opportunities presented in that country for spreading the gospel and inculcating the spirit of Christianity, the funds of the American board, which stands foremost in the field there, have been such that it has been impossible to increase the appropriation for the past fifteen years. The only way in which the work has grown has been through the generosity and self-denial of the natives—the native Christians giving on an average \$7 a year per capita. With wages at 22 cents per day—a day of fifteen hours' work, for the best harvester, it will be seen that such a donation is indicative of supreme devotion. The per capita contribution of the American supporters is something over \$2.

The speaker's feeling description of the iniquities of the Turkish tax system by which the people were "throttled and starved into revolution" was very dramatic and aroused his audience to the keenest pitch. Dr. Ussher is an able speaker and has a message that cannot fail to enlist the sympathies of his hearers wherever they may be. It is to be hoped that the United States will respond to the call "from Macedonia" and enter the open door before it is too late.

CHAUTAUQUA PROGRAM

(Continued from Page 1)

gram are the Rev. J. Wesley Hill, pastor of Metropolitan Temple, New York City; Gov. Robert B. Glenn of North Carolina, who will talk on "The Negro Problem"; Gov. Augustus



Alexander Corkey—Humorous Lecturer

Buchtel, of Colorado; L. B. Wickersham and Edward Ott, both of whom appeared last year, and Prof. S. C. Schmucler of the Normal Institute of Pennsylvania, who has a national reputation as instructor in nature study. He will remain throughout the week and will be entertained at the Sanitarium, where he will probably give informal talks to guests and direct some of the rambles of the Walking Club. The entire program is a pleasing admixture of instruction and entertainment, the musical features being of the highest order. The Hinshaw Grand Opera Quartette, which will give the first concert, is famous the country over, and the selections from the favorite operas will undoubtedly form a splendid opening program. The program as outlined by the committee for

the ten days from July 23 to August 1 is as follows:

FIRST DAY—Friday, July 23

7:30 P. M. Opening Exercises. Canvas Auditorium
Invocation.....Rev. F. H. Bodman
Introductory Remarks.....Pres. W. D. Farley
Words of Welcome.....His Honor the Mayor
8:15 P. M. Concert.....Hinshaw Grand Opera Quartette.
Selections from Martha, Fra Diavolo, Cavalleria Rusticana, Bohemian Girl, etc.

SECOND DAY—Saturday, July 24

2:00 P. M. Musical Prelude.....Chicago Ladies' Orchestra
2:30 P. M. Lecture—"Our Ideals—National and Individual" or "Abraham Lincoln".....Hon. Jas. E. Watson
Member of Congress from Indiana
7:30 P. M. Musical Selections and Readings.....Chicago Ladies' Orchestra
8:00 P. M. Lecture—"Worms Beneath the Bark" or "The Land of William Tell".....Chas. H. Plattenburg

THIRD DAY—SUNDAY, July 25

10:30 A. M. Morning Worship.....Services at City Churches
2:00 P. M. Sacred Concert.....Chicago Ladies' Orchestra
2:30 P. M. Address—"Christianity and the Working Man".....Rev. J. Wesley Hill
Pastor Metropolitan Temple, New York City
4:30 P. M. Sacred Music and Song led by Chicago Ladies' Orchestra, audience assisting.
7:30 P. M. Sacred Concert.....Chicago Ladies' Orchestra

FOURTH DAY—Monday, July 26

9:00 A. M. Das Gartenspiel, the new form of organization for outdoor clubs of Boys and Girls.....Miss Nina B. Lamkin
10:00 A. M. Round Table—Nature Studies.....Prof. S. C. Schmucler
2:00 to 3:30 P. M. Concert.....Chicago Ladies' Orchestra
4:00 P. M. Lecture.....Prof. S. C. Schmucler
7:30 P. M. Readings and Musical Selections.....Chicago Glee Club
8:00 P. M. Entertainment.....Edwin Bush, Magician

FIFTH DAY—Tuesday, July 27

9:00 A. M.Miss Nina B. Lamkin
10:00 A. M. Round Table.....Prof. S. C. Schmucler
2:00 P. M. Musical Program.....Chicago Glee Club
2:30 P. M. Lecture—"Our Country—Its Dangers and Possibilities" or "The Negro Problem".....Gov. Robert B. Glenn of North Carolina
4:00 P. M. Lecture.....Prof. S. C. Schmucler
7:30 P. M. Musicales.....Chicago Glee Club
8:00 P. M. Lecture—"Sane Socialism at Work".....Mr. Tremayne Dunston of Snyder, N. S. W.

SIXTH DAY—Wednesday, July 28

9:00 A. M.Miss Nina B. Lamkin
10:00 A. M. Round Table.....Prof. S. C. Schmucler
2:00 P. M. Musical Introduction.....Chicago Glee Club
2:30 P. M. Lecture—"Theodore Roosevelt," "The American People" or "What Is Success?".....Gov. Augustus Buchel, Chancellor of the University of Denver, and Governor of Colorado.
4:00 P. M. Lecture.....Prof. S. C. Schmucler
7:30 P. M. Musical Entertainment.....Chicago Glee Club
8:00 P. M. Lecture—"The Immortal Dollar," or "Blowing Him Up".....L. B. Wickersham

SEVENTH DAY—Thursday, July 29

9:00 A. M.Miss Nina B. Lamkin
10:00 A. M. Round Table.....Prof. S. C. Schmucler
2:00 P. M. Musical Program.....Chicago Glee Club
2:30 P. M. Lecture—"Breaking Through the Hedge".....L. B. Wickersham
4:00 P. M. Lecture.....Prof. S. C. Schmucler
7:30 P. M. Concert.....Chicago Glee Club

EIGHTH DAY—Friday, July 30

9:00 A. M.Miss Nina B. Lamkin
10:00 A. M. Round Table.....Prof. S. C. Schmucler
2:00 P. M. Musical Introduction.....Carolyn E. Geisel, M. D.
2:30 P. M. Musicales.....Dixie Jubilee Singers

NINTH DAY—Saturday, July 31

9:00 A. M.Miss Nina B. Lamkin
2:00 P. M. Musicales Selections—By Mixed and Male Quartette.....Dixie Jubilee Singers
2:30 P. M. Humorous Lecture—"The Truth About Ireland".....Alexander Corkey
7:30 P. M. Musicales.....Dixie Jubilee Singers
8:00 P. M. Address—"A World of Jewels".....Alexander Corkey

TENTH DAY—Sunday, August 1

10:00 A. M.Miss Nina B. Lamkin
10:30 A. M. Morning Worship.....Services at the churches throughout the city
2:00 P. M. Sacred Concert.....Dixie Jubilee Singers
2:30 P. M. Lecture—"Haunted House" or "The Spenders".....Edward A. Ott
7:30 P. M. Sacred Concert.....Dixie Jubilee Singers

Most of us try to forget the mean things we know about ourselves.

MOUTH DIGESTION

(Continued from page 1)

degree perfected or completed; but this is apt to work mischief. If properly masticated the food ought to leave the stomach within an hour or two, or three hours at the most, after swallowing. But if it remains in the stomach hour after hour, four hours to seven hours, or even longer, the stomach becomes worn out. The food being kept a long time, a highly acid gastric juice is retained in contact with the mucous membrane of the stomach, which thereby becomes congested and inflamed. After a while ulceration and other very serious troubles are developed as the result of defective mastication; and the trouble does not stop in the stomach.

"The stomach being thus rendered defenseless against the invading bacteria, irritated by this long contact with gastric juice, becomes subject to gastric catarrh. Germs become seated in it and colonize upon its walls; thick, tenacious mucus is formed in enormous quantities and sometimes vomited; the patient loses his appetite; by and by the glands of the stomach undergo degeneration; and the stomach ceases to have the power to make gastric juice and pepsin. So the gastric digestion fails, and ultimately cancer as well as ulcer may make its appearance.

"And all this is the result of neglect to properly masticate the food. Hasty eating is probably one of the most common sins of our civilized life. The idea of the average man seems to be that if he can only get his food down into the stomach one way or another, it will easily take care of itself. You often see a crowd of people get off a train at an eating station, rush into the dining-room, throw themselves into the chairs, begin to seize things at the table, and with both hands begin to gulp them down into the stomach.

"There are still further troubles. This difficulty does not stop in the stomach. When food is improperly masticated, retained in the stomach for too long a time, after a while the gastric juice is absorbed. The gastric juice is a necessary element to disinfect the food-stuffs, to destroy the germs which are swallowed along with the food and in the saliva. Germs are all the time finding their way down the back of the mouth. Germs get into the eye; tears wash the germs down a little tube here into the nose. Germs are caught in the nose, and these tears come down into the nose and bring a few germs along. They spread out through the nose, capture the germs, and carry them off down into the throat; so there is a stream of germs going down into the stomach all the while, germs that have been captured from the air in the nose, and caught by the eyes. In the stomach they are disinfected by contact with the gastric juice.

"So when we swallow food it is very necessary that this disinfecting gastric juice should be present to destroy germs. But when the food is retained a long time in the stomach the gastric juice is absorbed and disappears. So the food is left in the stomach with germs still coming down to infect it, and there is nothing to disinfect the food, nothing to prevent the growth and action of these germs. Persons with whom the food is retained a long time in the stomach sooner or later suffer from biliousness and loss of appetite because the food decays, for food that is left too long in the stomach will undergo decay. Food that remains in the stomach more than five hours almost invariably undergoes processes of fermentation and decay because of the absorption of gastric juice, and the withdrawal of this antiseptic or disinfecting property.

"The consequence is that this food passes down into the intestine in a state of fermentation and decay, and infection is set up, so that the intestine becomes infected. Food ought to enter the intestine in a perfectly sound and healthy condition, perfectly pure and free from bacteria, because the intestine does not have the power to destroy germs as the stomach has. Germs can grow with great rapidity in the intestine. Food is disinfected in the stomach, but when it passes down into the small and the large intestine, where germs can grow with great freedom, it is not disinfected. Instead, the infection grows, so that the condition of intestinal autoinfection is developed in the intestine,—simply, in the last analysis, as a natural result of the imperfect mastication of the food. Intestinal autoinfection is a natural and necessary consequence,—for the food, not being perfectly chewed, is retained in the stomach until the gastric juice which is first poured out is absorbed; then the food becomes infected, fermentation and putrefaction begin in the stomach and continue in the intestine.

"The process of mastication, when it is properly performed, sets up the formation of gastric juice in the stomach even before the food has reached it, so that appetite juice is prepared, waiting in the stomach while the food is in the mouth and still being chewed. Then, when the food reaches the stomach the process of digestion goes on until some of the food is liquefied and then passes out into the small intestine; and just as soon as this food reaches the small intestine, if it retains the natural gastric acid which is formed in the stomach, the acid causes contraction of the pylorus after the food gets through, and a contraction of the liver which causes it to pour out bile. The gastric juice poured out in the small intestine causes action on the part of the pancreas, causes the secretion of pancreatic juice and renders this juice active so that it becomes an active digestive agent. Moreover, as the gastric juice strikes the duodenum and the small intestine, when it passes through the pylorus, the gate is closed. The gate first opens, lets out a small amount of food, then as soon as the acid strikes the intestine it causes a contraction of the pylorus.

"The arrangement is similar to that which the farmer often has on his big gate. As he comes near the gate, the wheel passes over a lever, and the lever swings the gate open, and as he drives through, the wheel passes over another lever, and that closes the gate, swings it shut. Precisely the same thing happens in relation to the stomach when the food is ready to pass out. It comes down near the pylorus and the pylorus opens. When it passes on into the duodenum, the pylorus is closed by the action of this acid gastric juice. But if the food has been retained in the stomach for such a long time, after it has been imperfectly masticated, that the gastric acid has been absorbed, then this opening and closing action of the pylorus, the gate-keeper, does not operate properly. Thus the reflex action which stimulates the pancreas and the liver to do their work is absent. The passing of food from the stomach into the intestine no longer goes forward in the natural way, and the secretion of pancreatic juice and bile and the pouring out of these liquids into the intestine, is checked, and the whole digestive process is deranged.

"So this food, imperfectly masticated, undergoing decay and fermentation, works its way along down through the intestine to the colon, where these putrefactive processes continue. The formation of flatus and the development of indol, skatol, pyrrol and other poisons absorbed into the blood, which stain the skin, taint the breath, coat the tongue, pro-

duce headache and nervousness and a great variety of symptoms,—depression, irritability and sleeplessness, and deteriorate the whole bodily organism, prepare the way for cancer. And thus we have cancer of the colon or cancer of the stomach, which are the two most frequent forms of cancer of the internal parts of the body. They are becoming exceedingly common, more and more common all the while, and doubtless can be traced properly and directly to this habit, this very common habit of hasty, negligent eating. So plainly it is of a good deal of consequence whether one chews or does not chew; whether one masticates his food thoroughly or swallows it in a hurry as he would swallow a pill or a disagreeable dose of medicine.

"But the mischief does not stop with the small intestine or with the large intestine; it creeps up the ducts into the liver—the ducts that carry the bile into the intestine. The inflammation or catarrhal condition creeps up the ducts, and gall-stones is one of the results; inflammation of the liver with jaundice, and sometimes liver abscess, is another result of this catarrhal condition of the stomach. Sooner or later we may have colitis, and ultimately the disease may go so far as to produce cancer, hemorrhoids, fissure,—all sorts of rectal maladies can without a doubt be directly traced to this unhappy habit of hasty eating.

"By reforming this habit of careless eating, these maladies can be wonderfully ameliorated. I know of nothing that can be done that will so greatly aid the stomach in its work of repair and recovery as thorough mastication of the food. I was so thoroughly impressed with this thirty-three years ago when I took charge of this institution that that was the first thing I undertook to do—to teach my patients the importance of mastication."

RESTLESS HEART, DON'T WORRY SO

DEAR restless heart, be still; don't fret and worry so:

God hath a thousand ways His love and help to show:

Just trust, and trust, and trust, until His will you know.

Dear restless heart, be still, for peace is God's own smile,

His love can every wrong and sorrow reconcile; Just love, and love, and love, and calmly wait a while.

Dear restless heart, be brave; don't moan and sorrow so.

He hath a meaning kind in chilly winds that blow:

Just hope, and hope, and hope, until you braver grow.

Dear restless heart, repose upon His heart an hour.

His heart is strength and life, His heart is bloom and flower;

Just rest, and rest, and rest within His tender power.

Dear restless heart, be still; don't toil and hurry so:

God is the silent One, forever calm and slow; Just wait, and wait, and wait, and work with Him below.

Dear restless heart, be still; don't struggle to be free:

God's life is in your life; to Him you may not flee;

Just pray, and pray, and pray, till you have faith to see.

—Edith Willis Linn.

THE BATTLE CREEK IDEA

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Six Months	- - -	.50
Three Months	- - -	.25
Per Copy	- - -	.02

VOL. II, APRIL 2, 1909 No. 17

BACK TO BEANS!

THE *Boston Post* has recently caused a multitude of the citizens of Massachusetts to become flesh abstainers by the publication of some very ghastly facts about the meat sold in the meat shops of Boston and other cities of the state.

Massachusetts has a law forbidding the sale of the milk of tuberculous cows. Dairies are inspected, and infected cows are bought by the state at \$30 to \$40 each and are killed at the state slaughter house. Great numbers of tuberculous cattle are annually killed by the state authorities, this disease being very prevalent among the cattle of Massachusetts as well as among the people of the Bay State.

The public has been under the impression that these diseased animals were converted into axle-grease and fertilizer; but it now appears that the animals have been buried, not in a potter's field or a bone yard, but in the stomachs of the people. It appears according to the statement of Dr. Peters, Chief of the Cattle Bureau, that for years it has been the custom of the state in disposing of these sick animals to slaughter and dress them for market, merely cutting out such parts as were plainly affected by tubercles. Dr. Peters defends the practice, suggesting that an apple, a small portion of which was rotten, would not be thrown away, but would be eaten after cutting out the rot. An excellent specimen of New England thrift! If the whole truth were told it would probably reveal the fact that the rotten portion was made into excellent (f) cider vinegar and sold at an extra price because actually made from apples instead of sulphuric acid.

There are people who object to eating half-rotten apples, and even object to rotten apple vinegar; but the comparison is in any case not at all a fair one. A rotten apple has a disgusting odor and flavor, but the eating of such an apple could do no more harm than produce a mild attack of indigestion. The rottenness of the apple could not take root and grow in the body, producing decay of muscles, bones, brains and every other bodily organ as tuberculous meat may do.

Every physician knows that the tubercular germ produces some of the most powerful and deadly poisons known. The blood and tissues of a tuberculous animal are flooded with poisons. They are the cause of the fever, emaciation, and hopeless degenerations of liver,

kidneys and other organs. The consumptive really dies as the result of these poisons. It is simply monstrous for Dr. Peters to maintain that meat containing these deadly poisons is wholesome food. Thorough cooking will destroy the tubercle germ but does not at all affect these poisons.

Unfortunately these poisons cannot be detected either by the flavor or the appearance of tuberculous meat. So the purchaser has no means of distinguishing steaks from a cow whose lungs were rotten with tuberculosis and whose liver and kidneys were the seat of tuberculous degeneration from those cut from a perfectly healthy animal.

Yet it now appears that for years the state officials of Massachusetts have been sending such carcasses to the Boston markets to be sold along with other meat with no distinguishing label.

Experiments have shown that such meat, even if apparently free from tubercular disease, may produce tuberculosis in animals. The same hands remove the rotten ulcerated tuberculous lungs from the chest of a consumptive cow that handle the so-called *healthy* portion of the carcass. The same knife cuts out a tubercle infected liver or tuberculous glands that is used in carving the rest of the carcass. Thus the whole becomes infected. To expose such meat for sale with no warning to the public of its character is a *crime* whether sanctioned by government or not. The fact that this practice has been carried on for many years is no apology. As a matter of fact there is practically no inspection of slaughtered animals in most parts of the country, and butchers all over the United States are daily selling their customers the horribly diseased flesh of animals in the killing of which the butcher only got the start of nature by a few weeks or months.

CONTENTMENT

O BIRDS that sing such thankful psalms,
Rebuke human fretting,
Teach us your secret of content,
Your science of forgetting.
For every life must have its ills,
You, too, have hours of sorrow;
Teach us, like you, to lay them by,
And sing again tomorrow;
For gems of darkest jet may lie
Within a golden setting,
And he is wise who understands
The science of forgetting.

Each night is followed by the day,
Each storm by fairer weather,
While all the works of nature sing
Their psalms of joy together.
Then learn, O heart, the song of hope,
Cease, soul, thy thankless sorrow;
For though the clouds be dark today,
The sun shall shine tomorrow.
Learn well from bird, and tree, and rill,
The sin of dark resentment,
And know the greatest gift of God
Is faith and sweet contentment.

—Exchange.

THERE is only one way to get ready for immortality, and that is to love this life, and live as bravely and cheerfully and faithfully as we can.—*Fan Dyke*.

LITTLE Freddie was told by the nurse one morning that the stork had visited the house during the night and left him a little baby sister, and asked if he would like to see her.

"I don't care nothing about the baby," said Freddie, "but I'd like to see the stork."—*The Delineator*.

IF YOU HAVE A STOMACH

that sometimes occasions you discomfort and distress from indigestion, you should know of the advantages offered by

Antiseptic Charcoal Tablets

Not a drug, but composed of natural antiseptic agents that promptly relieve the oppression and distress of indigestion, and leaves the digestive organs in an aseptic, healthful condition.

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are a good remedy to have handy. They are invaluable to those who live a sedentary life, with slow digestion, sour stomach, etc., that too often result from it. We want you to try this remedy, and will send you a sample box free upon receipt of your name and address; or three boxes, containing 40 tablets each, sent postpaid for \$1.00.

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Classes are organized April 1 and October 1. Applications are received whenever vacancies occur.

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(Continued from page 1)

anew with their responsibilities to their fellow men and with the value of life lived for the Christ-like purpose of giving and doing.

Dr. Grenfell has been in the States lecturing since last November, and as the result of his efforts \$60,000 of the \$100,000 has been contributed to the building fund for the proposed institute. That there is a pronounced need for this hospital and home, which for years has been the earnest prayer of Dr. Grenfell, no one can doubt who is acquainted with conditions. St. John's, the capital and chief port, is a city of 30,000. Eighty-five thousand fishermen and seamen enter the port annually. Of this number at least 50,000 are fishermen who market their catch in person at St. John's. From three to four thousand "out-port" men come to St. John's to join the sailing fleets which clear the port each spring for ice. Some 26,000 seamen come in with the foreign merchantmen. As to conditions surrounding the men when in port, they are of the worst possible kind, nor does it stop with the effect on the men, for the families, poor at the best, invariably suffer from privations of the keenest sort, because of the lost wages that are swept away in the maelstrom of temptation which engulfs the seaman when he enters port.

There is not a place in St. John's where one of the men can spend an innocent hour of recreation. The harbor is encircled by fifty-seven saloons where warmth and companionship are extended to all strangers. The temptations of the harbor are said to far exceed the peril of the sea and more lives are ruined and more misery and suffering are caused by the vices in port than by the shoals along the coast.

The needs for a hospital pure and simple are great, for there are hundreds of cases of fevers, tuberculosis, rheumatism, broken bones, etc., that are crying out for scientific care. One-third of the deaths in Newfoundland and Labrador are, according to Dr. Grenfell, due to tuberculosis. This is not due to climatic conditions but to the entire lack of knowledge of hygiene and the value of cheap nutritious food-stuffs. It is Dr. Grenfell's purpose to make the building a "radiating center of helpfulness, an object lesson in cleanliness and a power for righteousness." It is to stand between the seamen and the perils of the harbor and to be a center of every uplifting agency, "from the draining of houses to the ringing of hymns." There are to be game and social rooms and the reading room and temperance bar will furnish counter-attractions to the saloon. The top floor will be devoted to women, for it is held that it would be futile to attempt to carry on the work for men alone. The same influences must be carried into their homes if the work is to attain any permanency.

As Dr. Grenfell sketched the needs for this institute and told of the various other agencies for both soul and body saving that were carried on under his direction in this bleak and barren coast, his audience began to understand why he is known as "the patron saint of Labrador," and why he is adored by every man, woman and child with whom he comes in contact.

His lecture was illustrated by the stereopticon, and views of the rocky coast, the strange mirage-like icebergs, the relief ships, the hospitals, the humble homes of the fishermen and their families were thrown upon the screen, aiding to make yet more vivid the scenes which were described so simply and so directly by Dr. Grenfell. He told of his experiment with the herd of reindeer, brought from Lapland, whereby the people were at last enabled to have

milk and cheese, luxuries heretofore denied because of the severity of the climate in which cows cannot thrive. The co-operative stores, which have at last freed the fisherman from the bondage of unscrupulous traders, were started a few years ago by Dr. Grenfell and have become a great success. Pictures of these and the co-operative mill and the Orphanage, where some twenty-two little folk have been gathered in and will be trained into men and women in the spirit of service and sent out to work among their own people, were shown. One of the first of these little orphans to come under Dr. Grenfell's charge is now a promising young woman and has been sent to Boston to study dietetics. "We hope to have her back with us in a little while," said the doctor. "She is going to be the Johnnie-cake missionary to the coast."

Throughout the length of Labrador, upon every phase of work which he essays to touch, he leaves the imprint of his personality and the lesson of practical usefulness—which is the guiding spirit of his life. Sect and creed are nothing to him—Christ and helpfulness are everything. A characteristic reply given by him to a pompous individual who wanted to know upon what creed the new institute was to be founded indicates the intense practical side of the great doctor's nature: "Our foundation will be twelve toilet baths and a swimming tank. Can you think of anything better?"

When the lack of facilities for common cleanliness is known and the fact that so very few of the fishermen know how to swim because of the intense cold of the northern waters which makes practice impossible, this reply will be better understood.

"To expect men straight from the sea to spend all their evenings in a church or prayer meeting is ridiculous," said Dr. Grenfell. "The right human channel to carry the love of God to sailors under these conditions is to provide in each seaport an uplifting place for men whose calling has forced them from the influence of their homes. This place should afford them the opportunity to wash both themselves and their clothing; to rest; to keep a change of garments; to amuse themselves decently and rationally, and a place where they can expect to meet their friends; a place that shall enable them to write letters home; a place with attractions of simple and decent literature, and with a clean bed at a reasonable price.

"Our northern fishermen have acquired no craving for intoxicating drink. The fatal lure of the saloon to them is not its liquors, but simply its material environment. What is needed to counteract this is some better environment. There can be no comparison in cost, for the present conditions cost the fishermen everything that makes human life worth having. It costs the wife and children away from them in their out-port homes all that this involves. To my mind, there can be no better investment; nothing more in line with what the Christ would himself do for them today than to afford them just the opportunities that such a home of their own on the quay side would provide. This would afford them the welcome of the Christ in the twentieth century. This solution of the problem has received the endorsement of all men who have a heart for the true welfare of the toilers of the sea. It most certainly has every bit of mine."

THE MEDICAL MISSIONARY

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Medical Missionary, Battle Creek, Mich.

Many Students Are Enrolled

Charter Roll of One Thousand in the University of Health Is Nearly Completed

LIMITED EXTENSION OF OFFER

THAT a large proportion of the public is quite alive to the importance of health education, and will respond to a movement from the proper source, is being abundantly proved by the success of the Battle Creek University of Health with its Correspondence Courses. Enrollments in one or more courses (generally in two courses) have come in from nearly every state in the Union, from Maine to California. In educational qualifications, the students range all the way from university graduates to humble workmen who have had little if any schooling in the public schools. A number of the students certainly believe that one is never too old to learn; one student is eighty-eight years old, another seventy-two, another seventy, and another sixty-seven. All have written letters full of enthusiasm for the new health knowledge and full of confidence in the benefits they would secure from the Courses. The courses have been very carefully prepared to meet the needs of all sorts and conditions of people, and this effort has certainly been rewarded by the help and satisfaction which these courses have given in every case.

The gratifying announcement is made that the Charter Roll of the first one thousand students, under the special terms of the Charter Privilege, is very near completion. For a limited time the University of Health has been making a special Charter Membership offer to the first thousand who enroll as students. Since the offer was first made, new features and privileges have been added and the cost of the Charter Membership, in accordance with a previous announcement, has been increased. As soon as the Charter Roll of one thousand is completed, the special offer will be entirely withdrawn. It has already been withdrawn from the new catalogue of the Courses which was recently issued.

To insure the immediate completion of the Charter Roll, the University has made a limited extension of the privilege to readers of *Good Health* and the *BATTLE CREEK IDEA*; and to avoid unfairness, the University has agreed to accept all enrollments under this offer if sent in before the end of the month. Special mention should be made of this announcement in the *BATTLE CREEK IDEA*.

For the special price of \$15.00, representing little more than half the value, the Charter Student receives two complete Correspondence Courses of his own selection, with all the special rights and privileges pertaining thereto; one set, in two volumes, three-fourths morocco, of "The Home Book of Modern Medicine;" the "Atlas of Human Anatomy;" and subscriptions to *Good Health* and the *BATTLE CREEK IDEA*, all of which books and periodicals are used as supplementary reading with the courses. Any one who wishes to know more about the courses and this complete equipment for health education, should write to the Battle Creek University of Health, Battle Creek, Mich., for the new illustrated catalogue. To avoid disappointment, enrollments under the special charter offer should be sent in promptly.

THE ZIMBABYE RUINS OF EASTERN RHODESIA

The Rev. E. H. Richards Tells of Their
Connection With Old Testament
Scriptures

HOUSE OF THE QUEEN OF SHEBA?

THE Rev. E. H. Richards, missionary to Eastern Rhodesia, East Africa, for the past thirty years, spoke in chapel Sunday morning before a large audience. He described the famous Zimbabwe ruins and told of their probable connection with the Old Testament scriptures. He said in part:

"Along the eastern boundary of Rhodesia are extensive ruins of an ancient people. The name given to these ruins by the natives is 'Zimbabwe,' which means The City of Stone. Cities are never large in this region. It means a collection of one or more huts. These buildings are of stone. They are exceedingly large, usually covered with acres of trees overgrown with every kind of creeper. There are more than two thousand of these ruins on record today. They are all of them alike in that there is a stone wall from fifteen to twenty feet thick and about as high, surrounding an enclosure containing from half an acre to five acres. Every one of these Zimbabwe are built on the side of a hill facing the rising sun. This points to an early religion.

"The most complete of these Zimbabwe is called the Great Zimbabwe and is situated close to Victoria, Rhodesia. It was called the Great Zimbabwe because it was evidently the capital of the country. The wall of the Great Zimbabwe encloses about one and one-half acres. It is elliptical in form and with two walls quite twenty feet high and only some six feet apart, the inner wall being built so that the inhabitants of the town could easily defend themselves against any quantity of natives who were armed with nothing but bows and spears. In the center of this Great Zimbabwe is a tower, circular in form and about twenty-five feet on the top of which are soap-stone birds and evidences of phallic worship. The wall is laid without cement or mortar of any kind, the stone being hewed out without hammer or chisel, after a manner totally unknown to us. The stones being at a slight angle are fitted in completely one with another, forming a solid wall which has stood for centuries so perfect today that one might drive a wagon over the wall, carrying a weight of five tons.

"The lower floor of this Great Zimbabwe is formed of a cement so compact that no one in modern times can duplicate it, and on this lowest floor we find smelting pots for gold, and we also find bars of gold and heavy pieces of gold, which indicate that the gold was for export. These Zimbabwe must have contained from twenty to one hundred people each which, multiplied by two thousand, gives us a formidable population, every one of whom were invaders of some faraway land. From the making of the walls and from the immense amount of terracing over the country, it is evident that there were hundreds of thousands of slaves at work under their direction. Their industry, whatever it was, was great. This is the most which the ruins bring to us of the original invaders. They left not so much as a hieroglyphic nor a cuneiform wedge nor a solitary letter to indicate from what section of the

earth they came. The only items which we may read from the ruins at this period is that they worshiped the sun, that they manufactured gold for export and their emblems point to a religion older than the Phœnician, and many writers claim that it is Sabine and of the time of Abraham. These people were suddenly driven out. The walls of their Zimbabwe were broken through, an immense quantity of earth thrown over their works, and they were deserted in so great haste that they left their implements and their manufacture as described.

"There were two subsequent invasions, the third comparatively modern. But they have left very little for posterity to read, and for hundreds of years they have been inhabited by no one.

"We have now proven from the mines left behind, from the smelting pots of the originals, from the towns in which they lived that an immense quantity of precious metal went abroad three thousand years ago. Now can we prove that it went to Jerusalem? In the ninth chapter of II Chronicles we read that the ships of Tarshish were sent out and they were gone three years. They were sent in relays every year. Their ships were ten or twenty-ton sailboats, often rowed by slaves, and the time required for a voyage to East Africa through the Mediterranean around the Cape, a distance of 1,600 miles up the East Coast, could readily consume three years of time, so nearly so that Solomon's time greatly harmonizes with that for which we are in search, but when he says that the ships were laden with gold, precious

stones and ivory, apes, and peacocks, the identical things which we have in our own back yards this day and have always had, we think it no leap of the imagination to believe that the Ophir of the Bible is the Rhodesia of today.

"Another remarkable coincidence is the visit of the Queen of Sheba to Solomon. This woman, whoever she was, was of high intelligence. We may note in passing that she was not a girl in her teens or early twenties, neither did she wear a merry widow hat. The substantial evidence for this being that Solomon with all his wisdom was unable to annex her. Solomon would have caught her if she could have been caught, but she was simply uncatchable. We may further assume that she was magnificently beautiful, for it is impossible for a woman of wealth and glory not to be beautiful. She was then a married woman, a queen, and the Queen of Sheba. The King of Sheba, her husband, was doubtless exceedingly busy with his large mining operations in a hostile country surrounded by hordes of savages against whom he must defend himself continually, so that there is reason for his not appearing on the scene. The Queen of Sheba was thoroughly intelligent, and from the ships coming from Jerusalem year after year and returning, she had 'heard in her own land' of the remarkable wisdom and grandeur of Solomon. The amount of gold shipped into Jerusalem each year was prodigious. We cannot understand how the King of Sheba sent all this gold to Jerusalem for nothing, and it starts one thinking as to what King Solomon paid for all the gold he

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PALM GARDEN PHARMACY, - Sanitarium

imported. Having heard of the glory and wisdom of Solomon, especially the wisdom, this magnificent queen determined to pay him a visit, and according to the custom of the times which prevails even in our day, she took a little present as befitting her royalty. To be sure, it was three and one-half million dollars' worth of gold, together with precious stones and other items which probably made it six or seven million dollars' worth of value. This present we claim was neither bombastic nor penurious, but a reasonable present befitting her queenly standing.

"She went to Jerusalem with hard questions because she was in search of wisdom. She was not a Hebrew, she was not an Ethiopian, and she was not a worshiper of the Jehovah, but she came in great splendor, she visited Solomon in all his splendor and left the amazing testimony as to the wisdom not only of Solomon but as to the goodness and greatness of Solomon's Jehovah. And the heart of Ethiopia three thousand years ago through the mouth of a woman gave the substantial witness of the greatness of the Almighty. These pages written over the surface of Eastern Rhodesia today coincide so fittingly with the statement in the ninth chapter of II Chronicles, that we feel assured that the Almighty had his hand on Ethiopia in the building of the temple, and we further see the reasonable acquaintance of the Queen of Sheba with the King of Jerusalem.

"It is an interesting study and many books are written, among which I would refer you to the work of Messrs. Hall and Neal on the Ancient Ruins of Rhodesia. These two authors are authoritative, having been the explorers of the Royal Geographical Society, and having been at work within the last five years within these ruins, and also because they quote freely from almost every modern writer on the subject."


Practical Manual of Phototherapy

Modern Medicine Publishing Co. Announce New Book by
Dr. Kellogg

The Modern Medicine Publishing Co. announce for early publication a work on Phototherapy entitled *LIGHT THERAPEUTICS, a Practical Manual: Physics, Physiologic Effects, Technique, Therapeutics, Clinical Applications*, by Dr. J. H. Kellogg, Superintendent of the Battle Creek Sanitarium.

This work is the result of what might very properly be called exhaustive experiments and applications of the therapeutic uses of light in one of the world's greatest sanitariums. Perhaps nowhere else could such superior facilities be found for working out the problems connected with the use of light for curative purposes. Very little that is authoritative has been written on Phototherapy, so that this may be regarded as the first really scientific work covering the entire ground of this therapeutic agency.

It contains probably twice as much matter as any other book published on the uses of light in disease. The past few years have witnessed a rapidly growing interest in phototherapy. The time will soon come, if it is not already here, when all hospitals, sanitariums, and even physicians' offices will not be con-



HEALTH EDUCATION

is more worth your while than any other kind of education. The more health-educated you are, the more efficiency, income, and comfort you enjoy. The Correspondence Courses of the University of Health—Food and Diet, Health Exercises, Beauty Culture, Hygiene of Infancy, Home Nursing, etc.,—will give you an education in personal health and efficiency, wherever you may be. Low tuition fees and special consultation privileges to those who enroll promptly. Send for free illustrated Booklet A, describing the University and its Courses.

UNIVERSITY OF HEALTH • BATTLE CREEK • MICHIGAN

sidered adequately equipped unless they have the most approved solar electric light appliances for both local and general applications.

The thorough treatment that Dr. Kellogg gives to the subject is indicated by the five sections into which the book is divided. They are as follows: Section I—The Physics of Light; Section II—The Physiologic Effects of Light; Section III—The Therapeutics of Light; Section IV—Technique of Light Applications; Section V—Clinical Phototherapy.

into adjacent buildings where they may be deposited and later again stirred up by the housemaid in sweeping and dusting—a most effectual means of encouraging the mischievous work of these enemies of health and life. Of course the ideal method would be for everybody to be induced to carry a sputum receptacle or a paper handkerchief, the same to be later collected and destroyed; but it appears likely that the time is far distant when the sanitary sense of the general public will be



Swimming Pool in the Ladies' Bath Rooms

EDUCATE SANITARY SENSE

ANTI-SPITTING ordinances have been proved a failure except in spots, and very small spots at that. Laws of this sort can never be enforced, and when enforced for the most part fail to accomplish any practical purpose. When a man wishes to expectorate he ought to do so. Expecterated sputum always consists of germs and other noisome materials which nature demands shall be ejected from the body. The law forbids spitting on the sidewalk. Of course, a decent sense of propriety requires that expecterated filth should be deposited in the gutter, which is in part provided for this purpose. But how much better is the tuberculosis or other infectious sputum in the gutter than on the sidewalk except that less offense is offered to the esthetic sense in the gutter than on the sidewalk? Sputum is quickly converted into dust, and by passing vehicles and air currents the infection bacteria are lifted into the air, inhaled by passers-by and carried

sufficiently educated to bring about such a state of hygienic uprightness. But the work of agitation and education must be carried on with unceasing vigor, and in the meantime, those who desire to escape becoming victims to tuberculosis and other infectious maladies must place their chief reliance upon keeping their bodies in a state of such high resistance that they will be able to resist the attacks of any microbes which may assail them.—J. H. K. in *Good Health*.

Mrs. MIMMS—"Mary, it was one o'clock this morning when you got in. I heard you."

Mary—"Well, ma'am, if I was you I'd take something to make me sleep better. I took my shoes off down in the kitchen, and didn't make no more noise than a cat would. I've been kind of worried about you for a good while."

THE best and sweetest flowers of paradise God gives to his people when they are upon their knees.—Brooks.

DOMESTIC SCIENCE DEPARTMENT

STARCHES

"THE starches are widely distributed in the vegetable world, being found more abundantly in the cereals and certain of the vegetables, such as the potato, sweet potato, green peas or corn," says Mrs. Minnie Emmons in April *Good Health*.

"A microscopical study of the starches is intensely interesting, since the different kinds, such as rice, potato or corn, may be recognized by their individual structure just as an apple or a peach is recognized. A bit of corn starch under the microscope is found to be composed of hundreds of tiny cells, each composed of two parts—an outer covering called cellulose, and an inner part called granule. Cold water or the digestive juices have little or no effect upon the cellulose covering.

"Since the cellulose covering, as found in the raw vegetables or cereals, is impervious to the digestive juices, it is necessary that the starches be subjected to the process of cooking. The first point to be gained by cooking is the softening of the cellulose, then the cooking of the starch.

"It has been ascertained by various experiments that there are five steps in the digestion of starch. Three of these may be accomplished by cooking; the last two are peculiarly a process of digestion.

"All starchy foods must be well and thoroughly cooked. Baking is the preferable method for vegetables like the potato, as the starch may be subjected to a much higher temperature than by boiling or steaming.

"The starch in thoroughly toasted bread has reached the third step in the digestive process, which is known as dextrine. This is the reason why a bit of the crust of bread is quickly changed to a sweet morsel in the mouth. Such cereals as wheat meal or corn meal require prolonged cooking in order to soften the cellulose and cook the starch. Mushes which have not been thoroughly cooked must pass into the small intestine in an unprepared condition, and may cause no end of trouble.

"The frying of starchy foods is not to be thought of, as frying coats the starch cells with fat, which makes it impossible for the saliva to act upon them; the mouth is the great starch digesting organ of the body, and the saliva (secreted by the salivary glands of the mouth) contains an enzyme which completes the digestive process begun in cooking. The saliva cannot act upon fat, and when the starchy foods are saturated or surrounded by fat the saliva cannot do the work which nature intended for it, and the food must pass into the stomach undigested. The gastric juice of

the stomach has no action whatsoever upon the starches (hence the importance of thorough mastication and mixing with saliva), so they are passed on again. It should be remembered, however, that the starch digestion which is started in the mouth is continued for from half an hour to an hour after the food reaches the stomach.

"If nature had not made a wise provision in the pancreatic juice of the small intestine the careless eater would be robbed of his chief source of heat and energy; for the pancreatic juice is able to dissolve away the fat and thus digest the starch, but the digestive process should be commenced in the mouth.

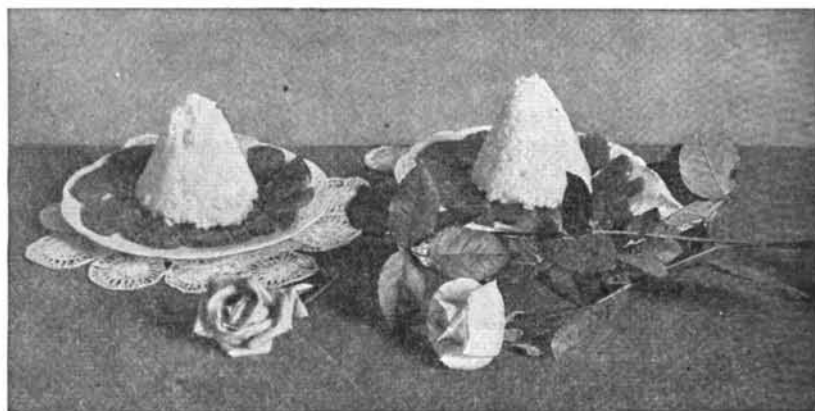
"As has already been mentioned, the chief use of the starches in the body is to furnish us with heat and energy, or in other words to keep us warm and enable us to work. But, when more is eaten than the body can make immediate use of, the excess is stored in the tissues in the form of fat, and it is interesting to know that fat so formed is more solid and firm than that built from the fats direct.

Wash, pare and core the apples, and place in a clean earthen dish with a cover. Allow three-fourths of a cup of sugar to each quart of fruit, and two tablespoons water. Bake in a moderate oven three or four hours. Serve hot or cold with or without cream.

Cream Tapioca Pudding

- 2 tablespoons tapioca.
- 2 tablespoons cocoanut.
- $\frac{1}{2}$ cup sugar.
- 2 cups milk.
- 2 eggs.
- $\frac{1}{2}$ teaspoon salt.

Soak the tapioca several hours in one cup cold water, and then cook until tender. Then add the milk, salt and cocoanut. Separate the yolks and whites of the eggs, beat the whites to a stiff froth with two tablespoons powdered sugar. Add the sugar and cocoanut to the yolks, beat well and add to the hot milk. Cook ten minutes. Place in a china baking dish, cover with the meringue, sprinkle with cocoa-



Molded Rice with Oranges

"The digested starches, mostly in the form of sugar, are absorbed from the small intestines, carried to the liver, and given off to the blood as needed, or stored away as liver starch, called glycogen. From time to time this glycogen is reconverted to sugar and distributed to the different parts of the body as needed.

Molded Rice with Oranges

- 1 cup rice.
- $2\frac{1}{2}$ cups rich milk.
- $\frac{1}{2}$ teaspoon salt.
- Yolks of two eggs.
- 4 tablespoons sugar.
- 1 teaspoon vanilla.

Wash rice thoroughly and put to cook in double boiler with the milk and salt. Cook until the rice is tender and the milk absorbed. When tender, mix in lightly the beaten yolks of the egg, sugar and vanilla, and cook five minutes longer. Remove from fire and mold as desired.

Unmold on small plates and surround with sliced oranges prepared as follows:

- $1\frac{1}{2}$ cups sugar.
- One-third cup water.
- 1 teaspoon lemon juice.

Cook sugar and water ten minutes, and add lemon juice. Peel oranges deeply so as to remove every particle of the white skin. Cut into slices and place a few at a time in the hot syrup and cook two minutes. Arrange around the molded rice.

Apples Baked in Bean Pot

At this of the year the flavor of apples may be much improved by being prepared as follows:

nut and place in a moderate oven until a delicate brown.

Fruit Salad with Nuts

- 1 orange diced.
- 1 cup tart apples.
- 1 banana sliced.
- 1 cup grape fruit or pineapple.
- $\frac{1}{4}$ cup sliced Brazil or pecan nuts.

Serve with following dressing:

- 2 eggs.
- $\frac{1}{4}$ cup sugar.
- $\frac{1}{4}$ cup orange juice.
- $\frac{1}{4}$ cup lemon juice.

To the slightly beaten eggs add the fruit juices and sugar. Cook in a double boiler, stirring constantly, until thickened. Cool and combine with the prepared fruit.

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The Seventh Day Baptist Church of Battle Creek

Holds regular services every Sabbath (Saturday) in the chapel, second floor College Building, Washington Street, opposite Sanitarium, at 2:45 p. m.

Visitors cordially welcome. Chapel third door to right beyond Library.

Pastor Rev. J. G. Burdick,

81 Barbour Street, - Battle Creek

TRIUNE DEVELOPMENT

(Continued from page 1)

once created a demand for instruction, so that during her stay here she consented to instruct classes each afternoon upon the rudimentary exercises.

Her lecture was in part as follows:

"I am going to speak to you this evening upon a subject which seems to me an advance upon the old subject I used to talk upon, about how to develop the threefold side of our nature, physical, spiritual and mental. In the old days after I had succeeded in curing myself of a very serious illness by physical development and change of dress, in my wonderment at finding myself a perfectly well woman, I believed that the most important thing in the world was physical development, and for ten years I taught physical development and dress improvement, believing them to be the foundation of everything else in life. As years passed and I taught and worked from this point of view, and never failed to find large and attentive audiences, I had a feeling within myself of something larger and grander and better that I ought to be telling these people. One day I gave up lecturing and determined that until I found myself thoroughly acquainted with the larger truth I would not go on the lecture stand again. I have found the question complete consists in rightful, high and truthful living. Tonight I am going to say something about that to you.

"I regard myself as having a spirit, a body, a mind and a soul. That does not mean because I have a spirit I have not any body; it does not mean that I can dispense with everything that pertains to this physical and physiological structure; it does not mean that I do not thoroughly appreciate the exquisite harmony of the organism of this physical structure. It does mean that for its highest development and happiness I must understand this body and adhere to the laws governing it; that I must understand it is the spirit that rules the body, and until we have learned how to adjust ourselves so that the spirit sends out commands to the mind and the mind like a patient servant takes these commands and gives them to the body, we have not learned how to live in the highest and truest sense of the word. The spirit is not the mind; the mind and the body are flesh. The spirit is the eternal something which was from the beginning, always has been and is as eternal tonight as it ever will be. Now, here, is the eternity for the soul. The body is temporary, transient, remains but a little while.

"I do not mean that the body is of no consequence. We must understand the laws governing this body and take conscientious care of it, and control it. The way to control the body is first to understand that we are spirit and that the spirit should lead and command the mind and the brain and the nerve centers of the body, and these orders will be obeyed. But I do not mean that the spirit can give orders and have these orders obeyed under all circumstances unless they are in co-operation with all other physiological laws governing the body. Never cut loose from the laws governing the body. Here we have an exquisitely organized instrument through which the spirit finds expression. Until the body becomes perfectly developed the spirit cannot express itself at its highest. The body of the average man or woman is not capable of expressing all that the spirit has the power to express. We hardly dream of the expression of which the body is capable because we make so little use of it. The spirit was there when life began but cannot express itself until the body becomes perfectly organized. I believe the time will come

when if we choose we can send out orders through these bodies for absolutely perfect health, when we shall have learned that co-operation is a matter of the spirit sending out orders to every organ of the body. There are certain voluntary muscles of the body, as the heart, lungs and diaphragm, which act independently of the will. I would not see all the organs of the body absolutely under the control of the spirit if it is against their nature, but always in harmony with their nature. It is where I differ from the spiritualists who take the platform that spirit controls everything. I never met one who did not have to eat and drink and eliminate from the body in the natural way. I never met one who did not grow old with the passing years and follow the natural, logical course of nature.

"We can command health, by careful effort, which is a simple matter of co-operation. I wonder how many women realize that every time they speak a cross word they say something that is going to break down health; every time you gossip, every time you say an unkind word, every time you criticize, every time you forget to be helpful, you are doing what is a positive reflex upon health. Every time you talk about your disease you help to fix that disease more firmly upon you. Self mastery begins with mastering the tongue. How to master the tongue is a very serious matter. I do not know a single physical exercise for it. I wish I did. You cannot be a well-rounded, well developed character until you have learned to master every word that crosses your lips. That is the very foundation of everything else, and I could not conscientiously talk to you tonight without beginning with that little member, the tongue.

"I want to give you to-night the general principles of what I call 'The Triune Development.' A lifting of all the organs of the body. Physical development means controlled by the spiritual." Then Mrs. Miller illustrated with her rhythmic movements. "In this exercise I get a rhythm through my whole body and at the same time a lifting of the organs. A lifting of the organs means physiologically that all the vital organs which manufacture vitality are virtually lifted to their normal altitude for health. When we stand with the chest down and the abdomen swaying forward ever so slightly all the organs press down upon and interfere with some other organ and lower the normal capacity for health. The most important thing to learn is to relax, to let go. A giving up of one's self to the Infinite. There is a joyousness in this exercise, a lifting in harmony with the laws above and beyond which is an exhilaration. A person will want to do these exercises.

"If you understand the chemistry of foods sufficiently so as to know what is good for you and then have self-control and determination to live true to yourself and will not eat what does you harm, if you understand what you cannot eat, and have attained perfect self mastery, all the organs of the body will reflect health. I think the time will come when we will be ashamed to say, 'I am sick'; as much ashamed as to say, 'I picked my neighbor's pocket.' The spiritual I must be well. The body is subject to certain laws which govern it. I can say to these various organs of the body, Obey the law; I can say to my stomach, Eat only that which is good for you, and as I know what is good for me, if I am self-mastered I am bound to keep a good, strong, healthy stomach. I can say to the lungs and diaphragm, Breathe correctly. There isn't anything of more importance to health than proper breathing. We should breathe with the diaphragm. Nature fastened the ribs down to a certain point, and then they float. That was

done in order to give the diaphragm a chance to expand. Fifteen minutes a day spent in proper breathing, that is getting the body in correct poise and expanding and contracting the lower part of the chest by breathing, not a muscular movement, would be time well spent. Breathing deep and full is of the utmost importance; it means making new blood, building vitality. There are many cells in almost every one's lungs which are never used, and therefore become diseased. I was amazed at the exhibition of lungs at the Anti-Tuberculosis Congress in New York last fall. Among many hundreds exhibited there was only one, that of a great singer, which did not show great black spots of diseased cells, the result of not being used. I can say to myself, Drink pure water, and if I drink enough it will wash out my system and stimulate oxidation.

"By self mastery all the organs of the body can be controlled so that we live in the final health relationship. It is to do what we know is right at all times and seasons. Every time we do wrong we inject into our system a poison making for disease. Every sudden flash of temper, every angry word spoken to the child, the father, mother, sister, or friend tends to lower and depress the vital tone and makes for disease. True self mastery is to know how to get proper communication between the spiritual, the mental and the physical; a knowledge of all the laws of the body, knowledge of the mental attitude toward the spiritual, knowledge of the spiritual toward the mental, the spiritual at all times leading; the physical and mental following the lead of the master Man, the Spirit—which is Infinite."

"When you begin to improve yourself you will find that everything in your personal world will constantly become better."

"We need more great minds, because it is only the great minds that can solve great problems, and such problems are becoming more and more numerous."

"Those who are tired of life have not yet begun to live. When you really live you are so full of life and energy that weariness becomes impossible."

The Battle Creek Diet System

For thirty years the Battle Creek Sanitarium has been curing sick folks by regulation of diet and other physiologic means. The diet system which has been developed is recognized as the chief factor in the building up of the world-wide reputation of the great institution.

We have prepared an interesting illustrated booklet which tells about this unique system and how to introduce it into every home.

There are special diets for diabetes, neurasthenia, rheumatism, anaemia, constipation, dyspepsia and most chronic ailments.

We send a trial package at our own risk. Ask for our booklet, "Healthful Living."

The Kellogg Food Company

Dept. E-17

BATTLE CREEK,

MICHIGAN

QUESTION BOX DEPARTMENT

EACH Monday evening Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics. Questions must not be sent to the BATTLE CREEK IDEA.

Q. What effect do alcohol rubs have on the system?

A. No effect on the general system so far as alcohol is concerned, except to cool the skin. The purpose of the alcohol rub is to furnish a means of cooling the skin without producing chills. The alcohol must be put on and rubbed at the same time, and the evaporation of the alcohol cools the skin, while the rubbing prevents chilling. The blowing of cold air upon the skin with a fan and rubbing at the same time is just as good and probably better.

Q. Premature gray hairs, you have said, are a sign of senility. What causes them?

A. Now that is such an interesting story I really haven't time to tell you all about it tonight. There are certain cells in the blood which act as scavengers, and these cells sometimes go up into the hair and steal the coloring matter out of it. That is the reason people get gray hair. These phagocytes or macrophages, as Prof. Metchnikoff calls them, sometimes get into the kidney, and steal away the kidney substance, and that produces Bright's disease. They get into the walls of the blood-vessels, carry off the muscles of the wall, make the walls hard, fibrous, and finally brittle, and fatty degeneration takes place, and that causes arteriosclerosis. They are scavengers naturally, but they leave the scavenger business and attack the body when the body gets reduced in vigor.

Q. When a short nap is taken for rest and recuperation, why does one waken feeling greatly fatigued and more nervous than before?

A. Because the recuperation is not yet complete; because the movement of the bodily functions has been slowed; the excretory functions have been diminished in activity, oxygenation of the blood has been diminished, all the vital processes have been reduced to a lower level—they are naturally during sleep—and there has not been time for that recuperation which comes from prolonged sleep. The neurasthenic generally does not feel so well in the morning as at night. He feels better at night than in the morning, because his whole vital machine is acting with vigor. In the morning it has been slowed down, and it takes time to get up steam.

Q. How is heat produced in the body?

A. It is a by-product of labor of the lung, stomach, and muscle—work. All kinds of work in the body have heat as a by-product. About four-fifths of all the energy we take from food appears as heat.

Q. What makes one susceptible to constant changes in the weather?

A. It is because one has lost his vital resistance.

Q. Do you consider goat's milk suitable for babies?

A. No; goat's milk is more indigestible

than cow's milk. Cow's milk is bad enough, but goat's milk is worse. The milk of donkeys is best so far as digestibility is concerned.

Q. Would the soaking of tobacco in yogurt kill the germs and make it healthful?

A. If you put tobacco in the yogurt it will kill the yogurt germs; they cannot survive tobacco; tobacco kills everything, yogurt germs as well as men, although yogurt germs are pretty tough. There are no germs in tobacco. Tobacco wouldn't tolerate germs; it is deadly to them.

Q. Is turpentine good to put on a wound or cut?

A. No; it is irritating. It will stop bleeding, but it is an irritant.

Q. What do you recommend in exercise, food, etc., for a neurasthenic?

A. The Sanitarium program.

Q. What kind of mental work best develops thinking capacity?

A. I should say that all kinds of mental work develop thinking capacity, because all kinds of mental work are thinking. There isn't any sort of mental work that is not thinking.

Q. May one recover entirely from gastritis or hyperhydrochloria though he occasionally (say daily), on account of the cravings of appetite, indulges in a glass of apple juice or several saucers of rice or bread pudding or ice cream, or a saucer of malt honey?

A. Yes, those things are all wholesome.

NOBEL PRIZE

It has just been announced that the much-sought Nobel Prize for medicine has been awarded to Prof. Elie Metchnikoff, of the famous Pasteur Institute, Paris, in recognition of his researches and discoveries regarding the conditions favorable to prolonging human life. His most notable achievement in this connection was the discovery of the vital importance of the Bulgarian milk ferment—

YOGURT

(Our Trade Name)

in fighting off disease and so adding to the span of life.

The power of YOGURT lies in the fact that when introduced among the innumerable varieties of hostile germs that are ever ready to break through any weak spot in the human system, the YOGURT organisms, our "friendly germs," make it difficult for the invaders to make a successful assault.

Yogurt is prepared from original cultures of the *Bacillus Bulgaris*, obtained from Paris, reinforced by fresh importations direct from Bulgaria, the native home of this most remarkable bacillus, where, as in all the Orient, it has been used for ages, and has produced the most notable examples of physical endurance and longevity.

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HEALTH for five years—
All for \$5.00**

If we receive this advertisement with your remittance before April 30, 1909 (New Subscribers Only)

**The Good Health Company
BATTLE CREEK, MICHIGAN**



PERSONALS

Mr. and Mrs. E. A. Crain of Linton, N. D., are patients here.

Dr. Z. Marx of Chicago has returned for further treatment.

Mr. Frank Haines of Columbus, O., is a guest here this week.

Mr. John P. Thomas of Milwaukee is a patient at the institution.

Mr. and Mrs. John Healy of Ironton, O., are newly arrived patients.

Miss Bertha Sweet of Valparaiso, Ind., is a patient at the institution.

Mrs. F. M. Gray of Niles, Mich., is a recent arrival at the Sanitarium.

Dr. Milton P. White of Dowagiac, Mich., is a patient at the institution.

Miss Elma Irey of Fort Wayne, Ind., is among the week's arrivals.

Prof. Stephen Stark of Mt. Hermon, Mass., is resting at the Sanitarium.

Mr. M. B. Lairy of Logansport, Ind., paid a visit to Mrs. Lairy this week.

Mrs. Rose T. Borneman of Elkhart, Ind., is a new patient at the Sanitarium.

Mr. W. A. Cowles of Ansonia, Conn., is among the eastern patients to arrive this week.

Mrs. C. A. McFeely of Pittsburg, Pa., is visiting her daughter, who is a patient here, this week.

Mrs. H. B. Pierce and child of Melbourne, Pa., have returned to the Sanitarium for treatment.

Mr. D. F. Schaff, a prominent railway man of Indianapolis, is at the Sanitarium for rest and recuperation.

Mr. Heaton H. Wright of New Haven, Conn., paid a visit to the Sanitarium this past week, en route east from Arizona.

Mrs. E. E. Crumrine of Washington, Pa., a frequent visitor to the Sanitarium, has returned for a few weeks' stay.

Miss Bettie Pritchard of Canton, Miss., came to the Sanitarium this week, accompanied by her sister, Mrs. W. H. Coulter.

Dr. J. R. Browne of New York, a practicing physician and medical editor for the Appleton Publishing Co., is a patient here.

Mr. and Mrs. J. H. Keenan and daughter, Mrs. J. J. McDonald, of Sioux Falls, S. D., are sojourning at the Sanitarium.

Mr. John Gonley of Collingwood, Mich., accompanied by Capt. James Gonley, Sault Ste. Marie, has come to the Sanitarium for treatment.

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Pres. Samuel Plantz of Lawrence college, Appleton, Wis., returned home this week, accompanied by Mr. J. McNaughton.

Mr. W. H. Taylor of Chicago, who has gained splendidly under Sanitarium treatments, returned this week for a short stay.

Miss Clara Edwards of Indianapolis joined her mother here this week. Mrs. Edwards is a patient and is improving under the treatments.

Gov. Trickett of Missouri, who delivered a notable temperance address in Battle Creek last week, was a guest at the Sanitarium during his stay.

Mrs. E. L. Campbell of San Francisco and her little daughter Jane have arrived at the Sanitarium and will remain for some weeks resting and taking treatments.

The Rev. Royal J. Dye and family left the first of the week for a visit in Eureka, Ill. They will return later, and accompanied by Mark Nioji, will start for their mission field in the Congo.

Mrs. Eva Bowlby, Miss Elizabeth Sayers and Miss Mary E. Sayers, all of Waynesburg, Pa., and Miss Florence S. Martin of Greensboro, Pa., arrived at the Sanitarium this week and will remain as patients.

Mr. A. H. Saastiamonien of Finland University, who is in this country investigating social conditions, returned to the Sanitarium this week for a short stay. He spent the greater part of the winter here, regaining his health.

Mr. and Mrs. George Kennan left on Wednesday for Washington, D. C., where they expect to spend the month of April, after which they will go to their summer home at Nova Scotia. On Wednesday night Mr. Kennan delivered a lecture at Valparaiso University.

Mr. and Mrs. Don Coates called upon old friends at the Sanitarium recently. Mrs. Coates will be remembered as Miss Ella Earl Hayes of Louisville, Ky., who was a patient here last spring and summer. The couple were married in February and are making Battle Creek their home.

Mrs. H. B. Brown and daughter, Miss Ruth Axe Brown of Valparaiso, arrived at the Sanitarium early in the week. Mrs. Brown returned home on Wednesday accompanied by Mr. and Mrs. Kennan, but Miss Brown will remain for some weeks taking treatments. They are the wife and daughter of the president and founder of Valparaiso University.

Mrs. Anna Jenness-Miller returned to the east on Thursday. She has rented her apartment in Washington to Senator Oliver and will make her headquarters in New York, where she will establish her new work, there and in London. Her new book, to be called "Triune Development," is soon to come from the press. The rhythmic movements are set to music by Bertram Shapleigh.

The Rev. and Mrs. Benjamin Chappell and little daughter Jean left Monday for San Francisco, whence they will sail early in April for Japan on the S. S. Manchuria. They have spent the past four months at the Sanitarium and leave here with many expressions of gratitude for the skilful treatment given Mrs. Chappell, which restored her health, and for the unflinching kindness which surrounded them during their stay. The Battle Creek IDEA will follow them to Tokio, where they purpose to continue to be students of "The University of Health" and to maintain their dietetic righteousness.

News Notes

The Drs. Heynemann spent a part of the past week in Detroit visiting friends.

Dr. and Mrs. J. T. Case are entertaining Dr. Case's father, of Los Angeles.

Dr. Carrie Staines was called to her home in Fenwick, Mich., early in the week by the severe illness of her mother.

The monthly Helpers' meeting will be held next Wednesday evening. Dr. Kellogg will speak; M. W. Wentworth will discuss the tax case and Dr. Mortensen will give a talk on Osteopathy.

Miss Carrie Zahn left this week for a two weeks' vacation to be spent with relatives in Upper Sandusky, O. During her absence Mrs. Martha Richardson will preside in the Women's Receiving Medical office.

Friends of Dr. Jack Keichline of Petersburg, Pa., have received the announcement of his marriage on March 25. Dr. Keichline is a graduate of the A. M. M. C. and was for some years a medical missionary in Egypt, and has many friends here.

The Freshman class of the American Medical Missionary college gave an informal farewell party for the Drs. Harris, Roth and Heynemann Saturday night at Hall cottage. Music and some specially improvised games comprised the entertainment of the evening.

The Sunday vesper service was presided over by the Rev. Benjamin Chappell, who spoke briefly upon the twenty-third psalm. A musical program, in which young people from the city participated, followed. Those who appeared on the program were: Mrs. Shafer, Misses Florence Hume, Sawyer, Genevieve White, Theda Gurnoff, Messrs. Glen Lewis, Guy Matthewson and Harry Bidwell.

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Announcement of the marriage of Miss Emma Benson, formerly of the correspondence department, to Mr. A. J. Rutherford has been received here. The couple were married in Roswell, N. M. The groom is a wealthy ranch owner whom Miss Benson met while locating a claim.

On Sabbath afternoon an interesting Bible symposium on temperance was given in the Sanitarium parlor. Elder Tenney presided and the following speakers appeared on the program: Dr. John Morse, Elder McCoy, Mr. Meyer, the Rev. Mr. Jones of Japan and William Robinson.

News of the arrival of a little daughter to Dr. and Mrs. Horace J. Williams has been received by Battle Creek friends. Dr. Williams is now associated with the Restrevor Hills-Hydro Sanitarium, County Downs, Ireland. Dr. and Mrs. Rowland Harris expect to be met in Edinburg early in May by Dr. Williams.

Rev. Charles A. Payne, who has covered 300,000 miles in travel, gave a splendid lecture on the Holy Land Tuesday evening in the Sanitarium gymnasium. The lecture was illustrated with stereopticon views taken by Mr. Payne on his journeys and was one of the most highly entertaining travel talks ever given here.

Director Edward B. Scheve of Iowa College School of Music, Grinnell, Iowa, has promised to give an organ recital here as soon as his health will permit. Prof. Scheve has broken down nervously from overwork, but hopes to be recuperated sufficiently by June to sail for Berlin, where he will spend a year directing several musical productions.

The new Nurses' Training class will be organized next week. Applicants have been pouring in and it is expected that a large class will be entered before the end of the week. Among those to arrive this week are the Misses Frances Simmons and Katherine Klaster in the regular class and Miss Gertrude Uh of Fond du Lac, Wis., in the post graduate class.

THE Shamrocks of the Indoor base ball league have captured the pennant after a hard struggle. This team has not been below first place this season, and after many trying experiences Manager Jones has won the pennant.

A post season series is to be played between the pennant winners and a picked team from the three other teams representing the league. These games will probably be played the coming week.

The Sanitarium Junior basket ball team won the city championship over boy teams of this city.

ORCHESTRA CONCERT

ON Saturday evening the Sanitarium orchestra, considerably augmented by city talent, will give a concert in the Sanitarium gymnasium. Mr. B. Eugene Scott, tenor, will assist, and Miss Bonnie Core will render a violin solo. The very excellent program is as follows:

Overture—Zampa *Herold*
Waltz—Jolly Fellows *Follstedt*
Violin Solo—First Concerto..... *De Bériot*
MISS BONNIE CORE

Selection—Stabat Mater *Rossini*
Characteristic—Little Toy Soldier, arr. by *Rossey*
Tenor Solo—Selected.....
MR. B. EUGENE SCOTT

Tone Poem—In Love's Lane *Pryor*
March—from Tannhauser *Wagner*

ARRIVALS

THE list of arrivals for the week ending March 29 is as follows: Miss Harriet Grundy, Mo.; John C. Healy and wife, O.; Dr. and Mrs. M. P. White, Mich.; Mr. and Mrs. Harvey Mason, Mich.; Charles M. Sapp, Ill.; Mrs. M. M. Chasie, Ill.; Clara E. Edwards, Ind.; Royal J. Dye, Bolenge, Congo, Africa; Mrs. Cumrine, Pa.; Clarence L. Davis, Pa.; Mrs. G. I. Goodenow, Ill.; Stephen Stark, Mass.; M. E. Beman, O.; Mrs. M. Beman, D. M. Beman, Miss Emma Morgan, O.; George J. Scholdinger and wife, O.; Mrs. Huseley, Winnipeg; W. H. Taylor, Ill.; Wynn Huseley, Winnipeg; Mr. and Mrs. E. A. Crain, N. D.; Heaton Wright, Conn.; Roland A. Welch; Mrs. D. M. Boyer, Okla.; Mrs. Eva K. Bowlay, Pa.; Mrs. Joel Gulick, Mich.; Cassius Van Ulick, Mich.; Mrs. Van Ulick, Mich.; Dr. Charles B. Gauss, Mich.; Mrs. Thomas Cole, Iowa; J. Baker, Iowa; Mr. and Mrs. Alfred Hammes, Iowa; O. P. Mohler, Ind.; Mrs. C. H. Brady, Calif.; George B. Lupfer, O.; H. H. Albert, Ind.; Elizabeth M. Sayers, Pa.; Mary E. Sayers, Pa.; L. R. Anderson, Mich.; Lavern Ellis, Mich.; Bertha Sweet, Ind.; W. S. Phillips and wife, Ill.; Fletcher D. White and wife, Ind.; C. W. Trickett, Mo.; H. Sterns; Miss Ella Parker, Mich.; A. Frank Haines, O.; Miss Maude Cope-land, O.; Mrs. A. R. Teachout, O.; John H. Masten, Mich.; Aden Knoop, Ill.; Mrs. W. H. Coulter, Miss; Miss Bettie Prichard, Miss; Miss Adele Fritz, Iowa; C. E. Skelton, Ind.; Dr. A. C. Protzman, Wash.; Mrs. J. W. Paul, Pa.; Martha W. Paul, Pa.; Mrs. C. A. McFeely, Pa.; D. F. Schoff, Ind.; Mrs. J. J. McRoberts, Ill.; J. H. Keenan and wife, S. D.; Mrs. C. J. McDonald, S. D.; Hazel Weston, Mich.; Mrs. A. E. McComber, city; S. L.

Wheaton, N. Y.; H. W. Maclure, Liverpool, Eng.; Mrs. H. B. Pierce and children, Pa.; W. G. Monford, O.; M. O. Barklay, Mich.; J. G. Bower, Ill.; M. B. Saivy, Ind.; E. J. Roche and wife, Ind.; Mrs. H. D. McCarty, Ontario; Mrs. C. A. Barber, Ill.; B. S. McCoy, N. Y.; Dr. Clarence D. Ussher, Van, Turkey; Miss E. Carsen, Ill.; A. H. Saastamonian, Finland; Mrs. M. Shirk, Ind.; H. B. Cilley, N. Y.; Lenore McCabe, O.; Mrs. A. Shiflet, O.; J. J. Thomas, Wis.; Mr. and Mrs. F. M. Gray, Mich.; Elma Irey, Ind.; Mrs. E. L. Campbell and child, Cal.; J. R. Brown, M. D., N. Y.; Rosa T. Borneman, Ind.; Mrs. H. B. Brown, Ind.; Miss Ruth Brown, Ind.; R. H. Whitmore, Pa.; H. Borneman and wife, Ind.; G. R. Trenchard, Ill.; Nellie Armand, O.; Ethem Wickwire, Ind.; W. A. Cowles, Conn.; Mrs. Gertrude A. Bates, Mich.; Frances M. Simmons, Tex.; Gertrude Uhem, Wis.; U. M. Young, Minn.; Mrs. M. C. White, Conn.; A. W. Smith, Mich.; C. P. Zanes and wife, O.; A. F. Wilkinson and wife, Mich.; Wilfred T. Green-fell, Labrador; G. W. Lambert, Wis.



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THE BATTLE CREEK IDEA



VOL. II, No. 18

BATTLE CREEK, MICH., APRIL 9, 1909

PRICE, 2 CENTS

A Victory for Local Option

Calhoun County Goes Dry and Saloons and Breweries Must Leave
May 1

FIRST SHOT FIRED AT SANITARIUM

CALHOUN county has gone dry! This welcome news was spread about the Sanitarium Monday night as quickly as the returns could be received from the various townships, and it caused great gratification to the management and employees, nearly all of whom had lent their personal influence to bring about the result.

On February 2 at a great mass meeting held in the Sanitarium gymnasium the first gun was fired for the local option fight, President Dickie of Albion College, former Prosecuting Attorney Stewart and other prominent men speaking. The enthusiasm then aroused has gathered in volume as the campaign waged and Monday's results prove that the "Drys" were not overconfident in their predictions that Calhoun county could be drawn into line.

Ever since February the Anti-Saloon forces have been actively engaged in molding public opinion. The several ministers of Battle Creek have worked indefatigably not only in their own parishes but all over the town and county. They have enlisted the interest and co-operation of the women and children and the parades of one thousand Sunday school children on Saturday and Sunday no doubt made their impression on many vacillating voters. The sight of one thousand little children, some of whom were waifs—the victims of drink—marching through the city's streets singing temperance songs to familiar and stirring airs, such as "John Brown's Body," "Marching Through Georgia," etc., was an affecting one and drew great crowds of onlookers who filled the city's streets. The procession was headed by a water wagon which was greeted by facetious cheers at every corner. Following this was a wagon-load of the smaller children, some of whom were the children of saloon keepers and others the children of drunken parents. Many of them wore badges bearing the motto: "Vote for Me." The entire procession was dotted with banners and pennants urging local option. On Monday from early in the morning until the polls were closed the various choirs of the city's
(Continued on page 5)

THE SPINAL CORD AND SOME OF ITS DISEASES

Dr. W. H. Riley Tells Sanitarium Patients of This Part of the Body's Great Nervous System

HOW NERVE CURRENTS TRAVEL

"THE nervous system of man is divided for the purpose of study into certain natural divisions. We have, first, the so-called cerebro-

Vote for Local Option

TUNE—"Tramp, Tramp, Tramp."

O the days of old are past,
We are waking up at last,
To the perils that assailed the homes so long!
Things were growing worse and worse,
Thro' this bitter, bitter curse,
Till we vowed to stay this cruel, cruel wrong.

CHORUS.

Vote, vote, vote for local option,
Vote to banish the saloon,
Let us stay the awful curse,
Growing every year the worse,
For we have no further use for the saloon.

The saloon men stand aghast
While our ranks are filling fast,
And they see the dread handwriting on the wall.
Let us push the work along,
Fight with steady heart and strong,
And the evil traffic very soon must fall.

Float your banners in the breeze
Over lands and over seas,
And let "Home and Native Land" your motto be;
Sing to God a triumph song
And the battle push along,
And the fight will issue soon in victory.

spinal nervous system consisting of the brain, spinal cord and the nerve trunks, which are attached to the brain and the spinal cord. All of these parts taken together form the principal and the cerebro-spinal nervous system in man. In addition to this we also have what is known as the sympathetic nervous system composed of bunches or groups of nerve cells which are called ganglia, and these ganglia are connected one with the other by nerve trunks. These ganglia and the nerve trunks form the so-called sympathetic nervous system. The sympathetic nervous system is located principally in the inside of the chest, so-called thoracic cavity, and in the abdominal cavity. The main part of the
(Continued on page 3)

Some Effects of Fasting

Dr. J. H. Kellogg Tells Sanitarium Patients of the Uses and Abuses of This Fad

WHEN IT MAY BE SAFELY ADOPTED

"A HUNDRED years ago the theory was held that disease was due to excessive vitality; that when a man was sick he had too much vitality, and the way to cure the disease was to reduce the vitality of the man. That is why when a man had fever it was considered to be a tremendous outbreak of vitality in the body and something must be done to quench the fire. So the patient was bled, and he was vomited and he was purged and he was reduced in every possible way. It was thought that by thus reducing the patient the disease could be stifled and could be stamped out. But between the disease and the doctor the patient sometimes had a pretty hard time of it, and it often happened that he did not pull through. The venerated Father of our Country was sacrificed in that way. I am sorry to say; it is a matter of medical history that George Washington did not die from the throat disease with which he suffered, but that he died of the doctor's lancet. The wonder was that he lived as long as he did under the treatment he had. If a doctor to-day should drain his patient that way he would be prosecuted for malpractice at once. It would not be tolerated, but it was the system in vogue in those days and the doctors did just as well as they knew how.

"The erroneous ideas that prevailed a century ago with reference to disease were the cause of these mistakes, but now we know that disease is something not to be trifled with. What the patient wants is to be relieved of his load. If a mule is going up a steep hill with a heavy load on his back, and he gets stuck before he gets to the top of the hill, what he needs is not to have the whip laid on but to have part of the load taken off. The patient is in just the same situation. He needs to be relieved of his load. That is what the body needs when it is suffering from disease. Its functions are improperly performed because there are unnatural burdens. To remove these burdens is what the modern doctor seeks to do. "Several years ago doctors didn't know anything about nature. They didn't have any conception of the natural process of cure. They supposed a man would die certainly when he

got sick if the doctor didn't do something to save him, but Dr. John Forbes and others found out that Nature was really the doctor after all. There was old Dr. Cullen who said once, 'I would drive Nature out of a sick room as I would a squalling cat.' That was what he tried to do, but he could not do it, fortunately, with all his bleedings and purgings. Nature stayed at her post and often saved a patient notwithstanding. It was in those days that a certain Irishman got a prescription of pills from the doctor for his brother, and he came back soon with the pills. Sometime afterward the doctor met him and asked him how his brother got along.

"Well," he said, 'Pat's well, yes, Pat's well, but the dog is dead.'

"Why, what about the dog?'

"Well, I gave the pills to the dog, I didn't give them to Pat.'

"In those days when the idea was held that disease was something in the body which must be fought, it was believed that it could be starved out by reducing the patient and withholding food. But whatever benefits can be obtained by fasting can be secured by less drastic and less severe means. It is an economic method. Certainly it does not cost very much to board a patient while he is fasting. Simply say to him, 'Stop eating. Fasting will cure you. It is a panacea.' That doesn't require very much science or medical knowledge or skill. Fortunately for that method or for those who advocate it the large majority of men and women who are suffering from chronic disease are suffering because of poisons from the intestines. When a person stops eating, the germs are starved out to a considerable degree, and so the patient is benefited. But the benefits which the patient derives are the benefits which come from the suppression of the poison. The man who is eating beefsteak three times a day is sending down to the intestines a large amount of material to rot and decay. If he stops eating beefsteaks the decay stops to a very considerable degree. He shuts off these toxins and he is benefited, and that is all there is in it. All the good that comes from it is in the partial suppression of these intestinal toxins.

"But let me tell you a few of the reasons why I object to absolute fasting except in special cases. There are certain cases in which fasting is a necessity. If I got inflammation in my eye I would go into a dark room, put a bandage over my eye and give my eye absolute rest. If I should sprain my elbow I would put it up in a sling and keep it still until it had a chance to get well. If my tongue was swollen up, inflamed, I would stop talking for awhile so as to give my tongue a chance to get well. If the stomach is sick, inflamed, or ulcerated, if there is a serious physical disorder of the stomach, the proper thing is to give it a rest if you can, and thus give it an opportunity to recover. But suppose that is not the trouble at all. Suppose it is something else, headaches or backaches or rheumatism or some other chronic trouble. The patient says, 'I am nervous. I don't sleep nights. I am depressed.' What benefit will that patient get from fasting? If such a man fasts he will get just one benefit, namely, the shutting off of proteins.

"Now what of proteins? I will stop just a moment to give you a word of explanation. There are three kinds of food elements, or rather two kinds of food elements. One kind is the proteins, which enter the structure of the body and help to form the glands, the skin, the brain, and the nerves. The proteins enter into the bones and the muscles, the lean part of the body. Then there is another class that composes the fat substance of the body, the

carbohydrates and the hydrocarbons. The carbohydrates are made of three elements, carbon, hydrogen and oxygen. When these elements are burned, the result is carbon dioxide, gas and water. The protein contains oxygen, carbon and hydrogen—the same as fat and starches and sugars and other carbohydrates—but in addition the protein contains three other elements—sulphur, phosphorus and nitrogen; and these when they are burned make a very different class of substances.

"The oxidation in the body of protein results in the formation of deadly poisons, which irritate the brain and clog the skin, the muscles and the glands. When a person is in a state of chronic nervousness because of the poisons resulting from these proteins—it is not the oxygen or the carbon that is injuring him, but the sulphur, nitrogen, and phosphorus. When a person fasts, what does him good is the avoidance of proteins, because then he shuts off the deadly poisons. He derives no benefit from shutting off the carbohydrates, starch, sugar and fats, because these do not make poisons; in fact, he gets some damage from shutting them off. The man who is fasting must have energy from some source. His heat must be maintained. He must have some energy to warm his body, so it is necessary that there should be something burned. A man who is fasting is not abstaining from food but is simply changing his diet. Nature will not be cheated, she must have food substance, must have food to burn to keep the body warm; so the body itself is consumed. A man loses, on an average, one-eightieth of his weight a day when he is fasting, and that weight is his own body that is being consumed, his own tissues being burned.

"So fasting means that the man is living on a meat diet, and not only on an exclusive meat diet, but on diet of human flesh, or in other words the fasting man is a cannibal. He is living on himself, his own flesh. He is consuming himself. The fasting man cannot go on for any great length of time subsisting upon himself.

"There is another disadvantage in fasting, and that is that the body is robbed of something which naturally belongs to it. I am talking now not of the obese man, the fat man who is fasting to get thin; that is sometimes the proper thing to do. I am talking now about the man who is of the proper weight, who has no fat to keep him warm. He has a little fat, of course, but no excessive fat. He has some fat under his eyes to make cushions for his eyes, and he has some fat around the kidneys to protect them and hold them in place. He also has some fat around the stomach, liver and other organs to keep them in their proper positions. Fat is used by the body to keep things snugly tucked away as they ought to be. When a man fasts this padding is all absorbed and by and by the muscles, brain, nerves, and kidneys are attacked. After the fat has been absorbed and burned up, the essential tissues of the body are attacked by this process of oxidation to support the warmth of the body.

"These are quite serious objections to fasting, but there are others still more serious. I might mention the inconvenience of going hungry and losing strength, and the general depression of energy which naturally comes in fasting, but that is very small and immaterial compared with the other disadvantages. After a man has fasted for a day or two, his tongue becomes very coated. I have known people to fast for a couple of weeks and at the end of that time their tongues were simply brown and filthy as though they had had an attack of typhoid fever. The reason is that the germs which have produced these poisons in the body are actually encouraged to grow by the condi-

tions which are imposed by fasting.

"The germs which cause putrefaction and produce poisons are germs which must grow in the absence of air. When a person eats he swallows a little air with his food, but if a person stops eating then he stops swallowing air. So the air of the intestine is consumed, used up, and as a consequence the anaerobes, which grow where no air is present, are encouraged to develop by the fact that there is no air.

"Still another matter of very serious importance is the fact that the fasting man is retaining within his body the bile and other excretory substances which are constantly being poured out and which ought to be discharged from the body. These are retained within the body because the fasting man has no peristalsis. There is nothing to encourage the bowels to move. The food which is commonly taken into the body to give bulk to the intestinal contents is no longer taken, and as a result the bowels are paralyzed. The bile, the mucus and the poisonous excretions from the intestinal wall accumulate. It is just as important that the bile and the excretion from the intestinal wall should be discharged as it is that the other excretions should be discharged. These excretions are stored up and become food for the very germs the patient wants to get rid of; so here is an aggravation of the very conditions which we seek to cure because of the paralysis of the intestine and its inactivity.

"These are a few of the reasons that have led me to restrain from prescribing actual, absolute fasting for my patients, excepting in cases where the stomach is diseased and crippled and needs rest in order to recover. What do we do then? We prescribe for our patients a protein fast. Simply cut out that one mischief-making element. It is the protein that makes the trouble. It is not the carbohydrates. Carbohydrates prevent trouble. Protein is the substance upon which these poison-forming germs feed and from which they make the poisons. It is only necessary to regulate the diet, to give the patients food which contains little or no protein. For instance, fruit juice and fruit of all kinds, apples, grapes, pears, peaches, plums and particularly juicy fruits, contain no protein at all. The amount of protein in apples is only about one-half of one per cent, so that a person living on fruit is practically taking no protein at all. That explains the success of the grape cure. It is a protein fast without the exhausting effects of the ordinary absolute fast.

"Then there are certain cereals, for instance rice, which contain very little protein. Malt honey is another carbohydrate which contains practically no protein at all. There are certain vegetables which are practically free from proteins. There is cabbage, for example, turnips, lettuce, celery, spinach. These are all wholesome vegetables which may be eaten by a fasting man without adding practically anything and with the advantage of keeping up the peristaltic activity and maintaining the energy of the body, supplying material for fuel to keep the body warm so that the energies are not weakened. The strength is kept up and the blood does not become depreciated. At the same time poisons are being wiped out and peristaltic action is encouraged, so that the bowels are kept free from mucus, and the bile and other substances which encourage putrefactive processes are carried out of the body."

"AMERICAN cooking suffers from American nervousness, exactly as American nerves are suffering from American cookery. We are too hurried to eat properly, to enjoy what we eat as well as what we see and hear."

DISEASES OF THE SPINAL CORD

(Continued from page 1)

sympathetic nervous system is in these parts of the body and extending out from these main parts of the sympathetic nervous system are other nerve fibers and similar ganglia which extend out to the various parts of the body. The sympathetic nervous system controls principally the vital organs of the body, such as the heart, the blood vessels, the lungs and the digestive tract with all of its attached glands and other glands of the body.

"It should be understood that these two systems are not distinctly separated one from the other. They are simply parts of one great system. They are really only one nervous system and not two as might be thought from reading the description that is often given in books dealing with this subject. The sympathetic nervous system and the cerebro-spinal nervous system form one great nervous system which controls all of the organs of the body, and in the brain is the seat of conscious sensations and of the mental faculties.

"The spinal cord is that part of the cerebro-spinal nervous system which is located in the spinal canal. The spinal canal is a bony canal made up of a series of bones called vertebrae. Each of these bones has an opening passing through it, and when each bone is placed one upon the other the opening in one bone joins the opening of another, thus forming a canal which extends up the back part of the body in the inside of the backbone. In this bony canal is located the spinal cord. The spinal cord begins at the base of the brain at an opening of one of the bones of the skull. This opening is the largest opening in the cranial cavity. It is in the so-called occipital bone, the bone in the back part of the skull. Beginning with this large opening in this bone the spinal cord extends down through the spinal canal and ends below the lower ribs of the back; to be exact, it ends at the lower border of the first or the upper border of the second lumbar vertebra. It is 16 to 18 inches in length in the average sized adult. It is longer in a tall individual, and shorter in a short individual. It is about two-fifths of an inch in diameter, cylindrical in form, and has two enlargements; one an upper enlargement called the cervical enlargement, and the other the lower enlargement called the lumbar enlargement. To this spinal cord are attached the spinal nerves. There are 31 pairs of spinal nerves attached to the spinal cord, and each nerve is attached to the cord by two roots, one an anterior root and the other a posterior root. In the anterior root the nerve fibers leave the cord and pass to the glands and to the muscles, and possibly some which have control of the nutrition of the bones and the skin. In the posterior root the nerves enter the cord which convey various sensations such as sensations of pain, of heat and cold and touch and of the muscle sense, and various reflex activities.

"The spinal cord is made up of parts. Each of these parts is called a segment and to each segment is attached two pairs of spinal nerve roots. That is, there are 31 pairs of nerves attached to the spinal cord, and each nerve is attached by a pair of nerve roots, so we have 31 parts or spinal segments. In the lower animals these segments are quite distinct and separate one from another, but in man they blend more or less together.

"The spinal cord is divided into two lateral halves by a fissure in the middle part of the front and another fissure in the middle part behind. These two fissures divide the spinal cord into two lateral halves, the right half and the left half. The anterior fissure, which

passes in the middle line of the front, extends in about one-third the diameter of the cord and contains a fold of membrane which dips into the fissure. The posterior fissure extends in about half the diameter of the cord, so that the division of the cord into a right and left half is not complete by these fissures, as they do not extend clear through the cord.

"The spinal cord is covered by three membranes, one the outer membrane or the duramater, the word dura meaning hard. The duramater is the name of the outer membrane or covering of the cord. It is made up of hard, fibrous tissue, covers the entire cord, extends out on the nerve roots and nerve trunks, forming a covering for the nerve roots and the nerve trunks. The tissue of this membrane is quite hard and firm and forms a protection to the spinal cord. This is the outer membrane.

"The next membrane beneath the duramater is what is known as the arachnoid membrane, so named because of its resemblance to a spider's web; made up of very fine tissue and secretes a fluid known as the cerebro-spinal fluid. Beneath this membrane is a space which contains a fluid known as the cerebro-spinal fluid. This space beneath the arachnoid membrane is called the subarachnoid space.

"The third membrane is the membrane that covers the cord closely, dipping down into the anterior fissure, and contains a large number of blood vessels which supply the blood to the cord.

"If we cut a cord in two and look upon the cut surface, we will notice that it is made up of at least two parts—one part the inner part, consisting of tissue that is dark in appearance and arranged like the letter H. This part is known as the gray matter of the spinal cord. This gray matter is divided into various divisions; thus the anterior part is called the anterior horn, the posterior part the posterior horn, the lateral part the lateral horn. This gray matter extends the whole length of the cord and contains nerve cells and nerve fibers, supporting tissue, blood vessels and lymphatics. This gray matter is very richly supplied with blood because the nerve cells which are present in it are the seat of chemical change and great nervous activity. In this gray matter are a number of nerve cells that have control to a greater or less extent of the muscles and glands and the blood vessels of different parts of the body. Surrounding this gray matter is what is known as the white matter of the spinal cord. The white matter differs from the gray matter in that it contains no nerve cells, but it is made up entirely of nerve fibers and the supporting tissue of the cord known as neuroglia, and blood vessels. These nerve fibers extend perpendicularly up and down the cord,—some extend obliquely and some horizontally,—and convey nerve impulses from the brain downward and from the skin and other parts of the body upward toward the brain. This white matter in the spinal cord is arranged in bundles or tracts.

"This white matter is made of tracts or bundles of nerve fibers which convey certain kinds of nerve impulses, either upward to the brain or downward from the brain. For instance, there are certain tracts or bundles of these fibers that convey impulses from the brain downward to the muscles. These nerve impulses travel over these nerve fibers very much the same way as an electric current travels over a metallic wire. When these principal fibers become diseased the patient suffers from paralysis and other symptoms which indicate the seat of the disease.

"There are other nerve tracts in the spinal cord that convey impressions from below upward to the brain. There are certain bundles of these that convey nerve impulses that arise

in the muscles, up to the brain, and these impulses when they reach the brain, tell whether our muscles are contracting much or little, and by the knowledge these bring to the brain, the brain is able to send out other impulses and tell the muscles how much to contract, whether to contract much or little.

"Still other of these nerve tracts convey impulses of pain and still others of heat and cold, and others still of touch. In certain diseases some of these tracts are diseased, while others are left healthy, and the individual may be unable to feel heat or cold or pain in certain parts of the skin while he is able to feel touch. In the disease known as syringomyelia, where cavities are formed in the spinal cord, we have these various symptoms present, and large areas are found present on the skin where the patient cannot feel pain nor heat nor cold, and yet he can feel the slightest touch of a feather or a bit of cotton when applied to the skin. This is because the tracts in the cord that convey pain and temperature sense are destroyed, while those that convey touch are not affected.

"There are quite a number of these different tracts in the spinal cord, and it is surprising when one thinks of it how a mild disease that may injure only a few nerve fibers in the cord may be sufficient to cause serious symptoms in the nervous system of the individual. It would be impossible at this time to describe all of these tracts in detail. I simply wish to call attention to them in a general way so as to give you some idea of the function of the spinal cord and how nerve currents travel up and down it from the skin to the brain and from the brain to the muscles, glands and other organs of the body."

(To be continued)

A PSALM OF KNIFE (AND FORK)

TELL me not in mournful numbers
There is nothing fit to eat;
While there's cabbage and cucumbers
We can well dispense with meat.

Life is real; meals are earnest—
Better start them all with fruit;
Meat thou need'st, to meat returnest,
Was but spoken of the brute.

Not in stuffing, not in starving,
Is our destined end or way;
But the gentle art of carving
Grows to seem somewhat passé.

Art is long and time is fleeting,
And our hearts, though stout and bold,
Quaver when it comes to eating
Many tinned things that are sold.

In the world's broad field of battle,
In life's scrimmage, long and tough,
We'll not eat embalmed cattle
Nor adulterated stuff.

Trust no butcher, howe'er pleasant;
Of his sausage be afraid;
Do not take it as a present—
Only he knows how it's made.

Let us then be up and chewing,
With a taste for any dish;
Not with anxious vision viewing
Ptomaine poison in our fish.

—Julia Boyton Green in *Judge*.

One of the best ways to enrich life is to cultivate a spirit of thanksgiving. If prayers and deeds of thankfulness were more frequent life would hold a rosier hue and sadness would give way to sunshine.—Ez.

THE BATTLE CREEK IDEA

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BATTLE CREEK, MICH.

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One Year	-	-	-	\$1.00
Six Months	-	-	-	.50
Three Months	-	-	-	.25
Per Copy	-	-	-	.02

VOL. II, APRIL 9, 1909 No. 18

STANDARD WEIGHTS FOR WOMEN

DR. FANEUIL S. WEISSE, Medical Statistician of the Mutual Life Insurance Company of New York, after a study of the heights and weights of 59,525 insured women, clothed and shod, ranging in height from 4 ft. 1 in. to 5 ft. 10 in., and in age between 15 and 69 years inclusive, has arranged an adjusted table which is given below. The records of 24,626 of these women were obtained from the Mutual Life Insurance Company's medical examiners' reports and the balance, 34,899, were furnished by Dr. O. H. Rogers of the New York Life Insurance Company.

In the height groups those under 4 ft. 11 in. and over 5 ft. 10 in. contain so few individuals—only 578 in all—that they have been omitted. For the same reason the age-group 65 to 69 has also been omitted, since it contained but 92 individuals. Hence the adjusted table comprises 58,855 women.

The average height of all the women was 5 ft. 4 1/4 in.; the average weight, 133 pounds. In preparing the adjusted table it was unnecessary to adjust the weights of over 80 per cent of all these women. The changes in the averages for combined heights and combined ages are nowhere more than 1.4 pounds. The average weight of the 58,855, after all adjusting involved a difference of only a twentieth of a pound.

The tendency is for the female to increase more rapidly in weight from 20 to 50 than do the male. This trend is shown also by the unadjusted weight curves, the actual increase of the female weight for the combined heights being 1.9 pounds more than that of the male. This period of more rapid increase in weight corresponds to the reproductive period of a woman's life, which, taken in conjunction with a woman's more sedentary habits, would appear to be a reasonable explanation of the difference shown in the weight curves of the two sexes.

Ages	15-19	20-24	25-29	30-34
HEIGHTS.				
4 ft. 11 in.	111	113	115	117
5 ft. 0 in.	113	114	117	119
5 ft. 1 in.	115	116	118	121
5 ft. 2 in.	117	118	120	123
5 ft. 3 in.	120	122	124	127
5 ft. 4 in.	123	125	127	130
5 ft. 5 in.	125	128	131	135
5 ft. 6 in.	128	132	135	139
5 ft. 7 in.	130	135	139	143
5 ft. 8 in.	136	140	143	147
5 ft. 9 in.	140	144	147	151
5 ft. 10 in.	144	147	151	155

35-39	40-44	45-49	50-54	55-59	60-64	Com- bined Ages.
119	122	125	128	128	126	118
122	125	128	130	131	129	120
124	128	131	133	134	132	122
127	132	134	137	137	136	125
131	135	138	141	141	140	128
134	138	142	145	145	144	131
139	143	147	149	149	148	135
143	146	151	153	153	152	139
147	150	154	157	156	155	143
151	155	158	161	161	160	147
155	159	163	166	166	165	151
159	163	167	170	170	169	155

THE LOCAL OPTION VICTORY

THE victory of the "Drys" elsewhere mentioned in these columns is one which the people of Calhoun county and the entire state of Michigan may well congratulate themselves upon. The assertion of the Anti-Saloon League that "the backbone of the liquor traffic in Michigan is broken" is one of the most encouraging announcements that could be made to the people. The saloon keeper's fate is sealed. Thinking men and women are awake to the evils of the saloon in every community and if the great temperance wave that is sweeping the country in such gigantic proportions is not quelled the time may be not far distant when the entire country will stand before the world as practically a temperance nation. Undoubtedly there is no nation on the globe where the ideals of temperance are held so high and so closely adhered to among the government officials. Prudence in the matter of serving liquors at state dinners and the private table is always maintained at the White House and though the time has not yet come when it is barred entirely it is no idle dream to hope that it will come.

It may take many generations of teaching to actually rid the country of the curse but even as the medical world is coming to realize the evils of alcoholic medication, so will the public finally be educated to know the evils of alcohol to the body, aside from the external consequences of poverty, crime and insanity that it has ever left in its wake.

Dr. Kellogg says editorially in *Good Health*: "Every place where liquor is sold, whether it be the low groggery or the gorgeous barroom of a metropolitan hotel, is not only an enemy of religion, an enemy of health,—it is a deadly foe of virtue, social order, industry, business, even civilization itself. The grog shop contributes nothing to the well-being of any community, and has no right to exist. The fact that it has been tolerated for centuries is no evidence of its right to be; it is an evidence merely of the ignorance, the obtuseness, and the tolerance of the average citizen. The time has come when the saloon should be made an outlaw, the garb of respectability thrown upon it by the license system stripped off, and everybody connected with the business notified that he much change his occupation or be publicly branded as a criminal."

"Mystery doesn't bother us in the dining-room, it is only in the church."

FOR SALE

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J. C. RIGGS, Sanitarium

IF YOU HAVE A STOMACH

that sometimes occasions you discomfort and distress from indigestion, you should know of the advantages offered by

Antiseptic Charcoal Tablets

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Antiseptic Charcoal Tablets

are a good remedy to have handy. They are invaluable to those who live a sedentary life, with slow digestion, sour stomach, etc., that too often result from it. We want you to try this remedy, and will send you a sample box free upon receipt of your name and address; or three boxes, containing 40 tablets each, sent postpaid for \$1.00.

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BATTLE CREEK, MICHIGAN

The Battle Creek Sanitarium & Hospital Training School for Nurses

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Besides the regular hospital training, thorough training is given in Hydrotherapy, Massage, Manual Swedish Movements and all physiologic methods peculiar to the Sanitarium, and is each a training in itself and found almost exclusively in our work.

Classes are organized April 1 and October 1. Applications are received whenever vacancies occur.

For further information or particulars regarding the school, address the

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VICTORY FOR LOCAL OPTION

(Continued from page 1)

churches visited the different voting booths singing temperance songs and distributing literature. Everywhere they were greeted with courtesy from the men who were gathered at the polls, and their literature, exposing some of the calumnies of the saloon faction, was read and discussed as they stood in line waiting their chance at the machine. The first tally-ho started out at 6:30 and at intervals the singers were changed so that at no time was the task a severe one upon the workers, who entered into it with a vim, their clear voices ringing out the pleasing refrains in an inspiring manner. The persistent reiteration of "Vote, vote, vote for Local Option," sung to the tune of "Tramp, Tramp, Tramp," had a way of sticking to the memory and no doubt served as a guiding star to many an undetermined voter.

The result of the election means that after May 1 the sale of liquor, except for medicinal, mechanical or sacramental purposes, is illegal; that in the next twenty-five days the forty-seven saloons in Battle Creek will have to dispose of their stocks and fixtures and close up business; that the three big breweries—Pabst, Anheuser-Busch and Schlitz—will no longer be able to use Battle Creek as a distributing center and that the Battle Creek brewery will have to go. The people who have devoted their time, money and energies to bring this about hope that it will also mean a better and cleaner Battle Creek, a reduction of criminality and petty justice court cases, less poverty, less degradation, and better chances for the youth of the city to live unsullied lives and to become citizens who will be a credit to the city.

It is estimated that at least \$25,000 has been spent in the fight. Eight thousand dollars was used by the "Drys" for advertising, speakers, printed matter, posters, etc. Of this amount the Sanitarium contributed \$1,000, \$400 of which was raised among the employees of the institution, most of whom stood strong for local option. In fact, if it had not been for their influence, the Third ward—the only one which went dry in the city—would have had an entirely different record to show for the day's work. The saloon men spent \$15,000 in their losing fight, and it is said they may contest the election.

The results of this spring's election prove, so Supt. George Morrow of the Michigan Anti-Saloon league asserts, that "the backbone of the liquor traffic in Michigan is broken." Prior to Monday eleven counties were dry. Of the twenty-seven counties which voted on local option this week twenty went dry and the Anti-Saloon faction will at once begin work to put the rest of the lower peninsula counties on the dry side at the next election.

"You can not escape difficulties by avoiding religion."

The Seventh Day Baptist Church of Battle Creek

Holds regular services every Sabbath (Saturday) in the chapel, second floor College Building, Washington Street, opposite Sanitarium, at 2:45 p. m.

Visitors cordially welcome. Chapel third door to right beyond Library.

Pastor Rev. J. G. Burdick,

81 Barbour Street,

Battle Creek

DOMESTIC SCIENCE DEPARTMENT

MISS LENNA COOPER discussed "The Planning of the Menu" in her Thursday afternoon domestic science lecture in the Sanitarium parlor this week. Her lecture was in part as follows:

"The preparation of the meal is an irksome task for many housewives. This need not be the case if the menus are properly planned. It behooves every housewife to give some thought to this important feature of home life, it being an advantage to plan, not only several days, but even a week ahead so as to avoid sameness in the diet. Since the planning of the menu means the supplying of the needs of the body with the proper food to keep it in repair and perform its natural functions, every housewife should understand the value of foods and their uses to the body. She should also take into consideration the season, the occupation and the ages of the persons for whom she is planning. The menu for the Fourth of July should not be the same as that for the Christmas dinner. In the winter more fats are needed for heat producers, while in the summer fresh, succulent vegetables and fruits which are low in protein should be abundantly used. A person's occupation should play a very important part in the choice of his meals. The laborer requires one-fourth more food than the person engaged in sedentary pursuits. And it should be remembered that a growing child requires more proportionately than the adult, for he is not only keeping up the repairs but building his bodily temple. He also requires more protein for the same reason—it is a structure builder.

"It is also better to take into consideration foods that are indigenous to the locality in which they are served. Foods that are shipped in from long distances frequently have to be picked when in a green or half ripe state and are not desirable as food when they reach their destination.

"The morning meal—breakfast—is best begun by a fresh fruit, since the fruit germs are antiseptic and clean the alimentary tract. A cup of hot cereal coffee is not objectionable drunk with this meal, providing the meal is not so hearty as to cause distension of the stomach.

"The menu seems incomplete without a cereal. Formerly housewives thought that they must serve rolled oats or some similar mush preparation, but nowadays the dextrinized preparations are so much more quickly prepared, needing only a slight toasting in the oven, and are so much more easily digested, that they are to be preferred. Vegetables need not appear on the ordinary breakfast menu, but if the inmates are hard laboring people a baked potato or an egg may be provided. Eggs are the most easily digested form of protein. A fruit toast of some kind of hot fruit sauce poured over well toasted bread is a very pleasant addition to the breakfast menu.

"The family dinner usually begins by a hot soup, which may be more or less nutritious. The cream soups are much more nutritious than the clear soups. Accompanying the soup course may be served some relish such as radishes or celery or ripe olives. The next important course is the 'meat course,' which need not consist of flesh food, for the heavy dish may be of a nut preparation or some entree which can quite properly substitute for the high protein food. With this course is served generally two kinds of vegetables, of which one is frequently potatoes, served in some form or

other. Following this is the salad, which may be served either as a separate course or with the meat course. Some one has rightly said that salads should be served three hundred and sixty-five days of the year. They bring freshness to the meal and are quite necessary to a well-balanced menu.

"The dessert seems to be a natural finish to a meal; however it is frequently so rich and heavy as to render indigestible what has gone before. Fats inhibit the flow of the gastric juices, thus lessening the capacity of the stomach to digest what it has already received. While sugar has the opposite effect, when used in excess it has an irritating effect on the alimentary tract. Hence desserts rich in fats and sugars should be avoided, especially after heavy meals. If such a dessert is served the rest of the meal should be correspondingly light.

"It is not advisable to consume large quantities of liquids with the meals. When a heavy meal is taken with quantities of liquid drinks it is likely to produce dilatation of the stomach, especially when practiced continually.

"Many persons find that it is advisable to have the luncheon in the evening. This menu follows the same general plan of the dinner except that it is lighter—the lighter the better. It should consist chiefly of fruits, dextrinized foods and light desserts, all of which are easily digested and will not interfere with sleep."

DISPENSARY REPORT

THE Sanitarium dispensary report for the month of March is as follows: Doctor's calls, 76; nurse's calls, 82; Consultations, 398; examinations, 39; office treatments, 59; operations, 4; bath treatments, 456; phototherapy, 63; Swedish mechanical, 6; massage, 4; treatments at home, 30; garments received, 131; garments distributed, 151; persons assisted by clothing, 35; food orders, 4; families assisted by food, 4.

"A FEW more smiles of silent sympathy, a few more tender words, a little more restraint in temper, may make all the difference between happiness and half-happiness to those I live with."

THERE is no more sacred place than that where a man is doing good and useful work, and there is no higher wisdom than to lose yourself in useful industry, and be kind.—

Elbert Hubbard.

THE MEDICAL MISSIONARY

A religious-health paper for missionaries and for the family. Weekly edition 16 pages. Monthly edition 32 pages with cover. Illustrated. Both editions 75 cents per year. Send for sample copies giving special combination terms. Address:

Medical Missionary, Battle Creek, Mich.

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Stamper Shirt Waists.

Shirt Waist Linens by the yard.

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Instruction Free

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77

A Vegetarian Lives at 213

Aged Resident of Madison Square Garden
Entertains Distinguished Guests at
Birthday Party

DR. HARVEY WILEY SPEAKS

"LADY JENNIE," said to be the oldest elephant in captivity, gave a birthday party last week in Madison Square Garden to celebrate the 213th anniversary of her birth. The after-dinner speeches gave opportunity for the guests to discuss the vegetarian diet and its relation to longevity. Dr. Harvey W. Wiley, chief chemist of the Department of Agriculture, who was one of the speakers, told the guests that he did not doubt but that he would add several years to his life by following Lady Jennie's example of subsisting on a non-flesh dietary.

"Miss Winifred Harper Cooley, Secretary of the Society for the Promotion of Pure Food Products, was also at the birthday party. She told of an experiment with adulterated foods which was tried on the animals at the Garden and said that some of them showed more intelligence in refusing to eat food which had been

doctored with injurious drugs than many human beings.

"The dinner was served in the Garden arena, and about thirty men and women guests, friends of the Ringlings, were there to drink the health of 'Lady Jennie,' and to wish her many more years of life," says the New York Times. "'Lady Jennie' was a little late to dinner, and the master of ceremonies, Louis Graham, apologized for her by saying she was still arranging her toilet. Later she and her friend, John, a massive elephant, trotted into the arena, and, led by the animal men, ranged up alongside the table and sat down on two little tubs.

"'Lady Jennie' wore two baby blue ribbons on her front legs. She paid little attention to the guests at her party, for her eyes and those of John were on a tub of peanuts which one of the circus men was guarding. In a moment the trunks of 'Lady Jennie' and John were in the peanut tub. Their table manners were not of the best, for they did not wait for the other diners to begin.

"In front of the elephants was a little stand on which was a massive birthday cake, surmounted with 213 candles. On top of the cake was a bronze statue of an elephant. The candles were lighted and the dinner began. It had not progressed far when the health and long life of 'Lady Jennie' was proposed. Then followed her history, related by Mr. Graham. He said that the first authentic information about Jennie was obtained when George Washington was president.

"About that time 'Lady Jennie' went from India to London and became part of the exhibit at the London Geological Garden. She was then about a century old, the zoologists said. In the spring of 1846 'Lady Jennie' made her first appearance as a 'circus lady' in this country. Later she was sold to the city of New Orleans, and still later resold to the city of Rockford, Ill., and in both places was shown in the public zoos.

"The menu for the birthday party was as follows:

JUNGLE TIPPIN

Commemorating the Two Hundred and Thirtieth Anniversary of the Birth of Jennie.

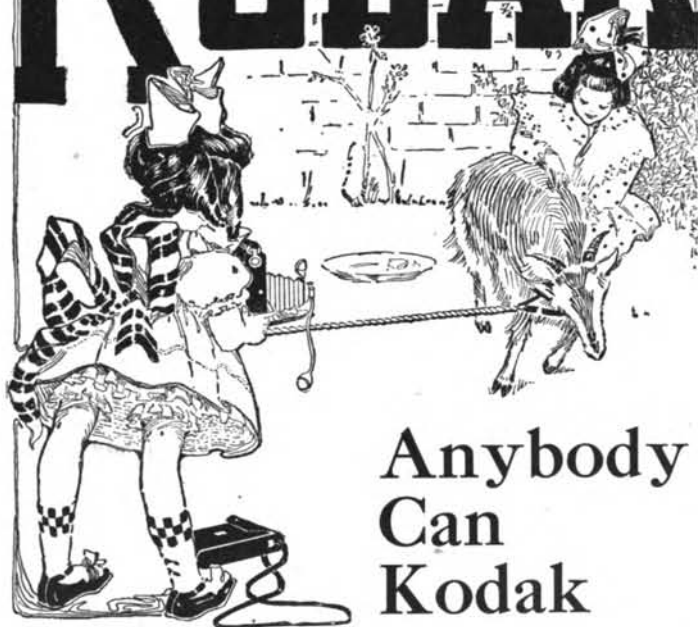
Elephant's Milk.
Soup à la Jennie.
Celery. Olives. Radishes.
Poisson Elephantus.
Proboscidian Patties.
India Sandwiches.
Jungle Salad. Zoo Dressing.
Jumbo Peanuts, Circus Kind.
Elephant Bricks.
17th Century Cheese.
20th Century Coffee.

FOR CLEANSING THE TEETH

"To keep the teeth perfectly clean, brush thoroughly night and morning, using a pure dentifrice, and rinse the mouth after every meal with an antiseptic lotion, also using the quill toothpick to remove particles of food. The brush should be used up and down on the teeth, as this allows the bristles to pass between the teeth, and it is also less likely to injure the gums. The inside of the teeth should receive the same treatment as the outside, and the contact surfaces of the molars should be thoroughly scrubbed. Never pick the teeth with any metal implement; do not crack nuts with them or bite threads. Extremes of temperature in food or drink should be avoided. Hot soup should not be followed by iced water, or ice cream by hot coffee."

"Love and peace accomplish far more than force."

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PALM GARDEN PHARMACY, - Sanitarium

The Battle Creek Diet System

For thirty years the Battle Creek Sanitarium has been curing sick folks by regulation of diet and other physiologic means. The diet system which has been developed is recognized as the chief factor in the building up of the world-wide reputation of the great institution.

We have prepared an interesting illustrated booklet which tells about this unique system and how to introduce it into every home.

There are special diets for diabetes, neurasthenia, rheumatism, anaemia, constipation, dyspepsia and most chronic ailments.

We send a trial package at our own risk. Ask for our booklet, "Healthful Living."

The Kellogg Food Company

Dept. E-18

BATTLE CREEK, MICHIGAN

PERSONALS

Mr. Dan E. Nutall of Pittsburg is a recent arrival.

Mr. J. C. Kemler of Platteville, Wis., is a patient here.

Mr. A. W. Smith of Standish, Mich., is resting at the Sanitarium.

Mrs. L. A. Woods of Kansas City is a patient at the institution.

Mr. E. M. Ware of St. Paul, Minn., is a patient at the institution.

Mrs. C. W. O'Donald of New York is a patient at the Sanitarium.

Mrs. Anna M. Keenan of Carmichael, Pa., is a newly arrived patient.

Mrs. E. F. Miner of Rock Creek, O., is a patient at the Sanitarium.

Mrs. E. V. Hoffman and daughter Della of Chicago are recent arrivals.

Miss K. U. Field of Grand Rapids, Mich., is here for rest and treatment.

Dr. S. De Nux of Marxville, La., is a recently arrived southern guest.

Miss Mary S. Graves of Memphis, Tenn., is a newly arrived southern guest.

Dr. W. L. Ransome of Rockford, Ill., paid a visit to his son the past week.

Mrs. W. L. Hoard of Birmingham, Ala., is resting and taking treatments here.

N. M. Young of Duluth, a former patient, has returned for further treatment.

Mrs. F. B. Tomb and Miss Nan Tomb of Wilksburg, Pa., are among the recent arrivals.

Mr. L. C. Heckroth of Duluth is among the several patients here from Minnesota this month.

Mrs. H. H. Hazeltine and mother, Mrs. H. S. Brown, of Cochran, Pa., are newly arrived patients.

Mr. G. S. Patterson, a prominent mining engineer of Vivian, W. Va., is recuperating at the Sanitarium.

Mrs. R. A. Edwards and daughter, Miss Clara, returned on Monday to their home in Peru, Ind.

Mayor Lawrence Becker of Hammond, Ind., is a new patient here. He will remain for a few weeks' rest.

Judge Charles M. Pond of Minneapolis, a frequent visitor here, arrived this week for a course of treatments.

Prof. W. S. Bryan of the University of Indiana paid a visit to Mrs. Bryan, who is a patient here, this week.

Craven Brothers - Jewelers

(Successors to H. J. Sevy)

We carry everything in Up-to-Date Jewelry and Novelties
Repairing of All Kinds Neatly and Promptly Done

217 MAIN STREET WEST, - Opposite McCamly Park

Mr. H. C. Eyer of East Rochester, N. Y., is resting at the Sanitarium prior to making a trip overland to Alaska.

Dr. George M. Bell of Benton Harbor, a practicing physician of that city, is at the Sanitarium as a patient.

Mr. Lorens Bowden and father, R. N. Bowden of Brookfield, Mo., are taking treatments at the Sanitarium this month.

Mr. Gilbert L. Elliott of South Bend paid a visit to friends at the Sanitarium the past week, returning home on Monday.

Mrs. Fred A. Hodge and Mrs. M. R. Webster of Pine Center, Minn., are patients here, having arrived early in the week.

Mrs. H. B. Brown, wife of the president of Valparaiso University, paid a short visit to her daughter Ruth early this week.

Mrs. James Keenan, accompanied by her nurse and husband, arrived at the institution this week and will remain for treatments.

Mr. P. W. Jones of Black River Falls has joined his wife here at the Sanitarium and will remain for a short time taking treatments.

Miss Mabel Long of East Lansing, Mich., a member of the faculty of the Agricultural college, paid a brief visit to the Sanitarium this week.

Mr. John S. Phillips of New York, manager of the *American Magazine*, is a guest at the institution. He will remain some weeks recuperating.

Mrs. A. H. Thomas and daughter, Miss Ruth Thomas, of Columbus, O., who were guests here earlier in the season, have returned for a few weeks' stay.

Mrs. Dill of Bowling Green, Ky., is entered on the list of new patients this week. She is the wife of the Rev. J. S. Dill, D. D., who is also a patient here.

Senator William Campbell of Charleston, Va., who has been here as a patient for several weeks and is greatly improved in health, has returned to his home.

Miss Jane Pryor of Houghton, Mich., came down to the Sanitarium this week to remain as a patient during her father's stay here. Her sister, Miss Estelle B. Pryor, who has been here for the past month, returned home on Wednesday.

Dr. A. W. Woodbourne of Toronto, Canada, who recently returned from India, has joined the missionary contingent here and will remain for some weeks resting.

Mrs. Frank Droppleman, Mrs. Robert Droppleman and Mrs. W. H. Klonne of Cincinnati are among the week's arrivals. Mrs. Robert Droppleman is the patient.

Miss Sarah Myers accompanied the little child of Mrs. J. C. Kurtz to the Sanitarium this week. They will remain for a short visit with Mrs. Kurtz, who is a patient.

Mr. O. D. Kinney of Duluth, Minn., is again greeting old friends at the Sanitarium. For the past fifteen years Mr. Kinney has been a devoted user of Sanitarium health foods and a frequent patron of the institution, and he is an ever welcome guest.

News Notes

Miss Aimie Shurick of Chicago arrived on Monday to assume the duties of assistant dietitian. Miss Ball will take a vacation for a few weeks.

During the absence of Dr. R. H. Harris in Europe, Dr. Benton Colver will assume the office of registrar of the American Medical Missionary college.

Dr. Leslie Fraser of Vallejo, Calif., accompanied by her sister, Miss Jeanette Fraser, has arrived at the institution. Dr. Fraser has joined the medical staff.

The Orchestra concert on Wednesday evening drew a large audience and was much enjoyed by those present. Director William Dreyer is to be commended for his energy and progressiveness. The usual Sanitarium orchestra was augmented by downtown players and the program was well chosen to exploit their several abilities. On Saturday evening the guests will have the opportunity to listen to Miss Ann Watson, a talented reader from Benton Harbor, who will give a miscellaneous program. On the following Tuesday the Rev. Mr. Richards will give a stereopticon lecture on Africa, where he has spent over thirty years in the mission field. On Saturday, April 17, Miss Lacy will give a recital.

Miss Marion Cock gave a lecture on "Fascinating Cairo" before Sanitarium guests Saturday evening, telling of the famous old city, its street scenes and bazaars, the side trips made to the Great Pyramid, the Sphinx, etc. The lecture was a delight throughout, and though given without her customary stereopticon slides, placed the scenes before her audience in a graphic manner, giving her hearers glimpses of light and wonderful color, of stretches of desert waste and of impressions gained from an impressionable onlooker. The lecture was more than merely entertaining—it was instructive, and inspiring in that it implanted a desire for reading and research.

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ARRIVALS

The list of arrivals for the week ending April 5 is as follows: Otis McNelley, Mich.; Leo Kramer, Minn.; Lawrence Becker, Ind.; Mrs. Caroline B. Browning, Mich.; C. A. Payne, Wis.; W. S. Thompson, Mich.; Mrs. G. S. Barber, Mich.; March Lewis, Mich.; Katherine Kalaita, Ind.; Mr. and Mrs. C. A. McIntyre, Mich.; Mrs. F. W. Crabbe, Ia.; Mrs. A. H. Thomas, O.; Ruth Thomas, O.; Winifred Cavanah, O.; H. C. Eyer, N. Y.; Asher Childers, W. Va.; A. V. Heynemann and wife; O. D. Konig, Pa.; J. S. Dill and wife, Ky.; W. L. Ransome, M. D., Ill.; Mr. and Mrs. Joseph Keenan, Ill.; Miss Ethel Swen, Ill.; Mrs. Clara Krug, O.; Alfred Freund, Mo.; Leslie Fraser, M. D.; Jeanette M. Fraser, Cal.; Samuel Oldham, Tenn.; Mrs. Frank Droppelman, O.; Mrs. Robert Droppelman, O.; Mrs. A. H. Klonne, O.; Henry Strome, O.; Florence J. Holt; Mrs. C. F. Bruck; Mrs. Rosa M. Blickenstaff, Ind.; Miss Mary S. Graves, Tenn.; W. F. Matthewson and son, Mich.; Mary Elma Warrington, O.; Melba Louise Warrington, O.; Lena M. Kembold, Ky.; E. R. Brown, Minn.; Mrs. W. L. Howard, Ala.; Mrs. L. A. Woods, Kan.; C. H. Griffin, Ill.; Mrs. J. A. Colburn, Ind.; James F. Nicholl, Pa.; Mrs. Mabel Milligan, O.; E. A. Scallen, Minn.; Albert H. Meinke, Mich.; J. A. Ballard, Mich.; G. S. Patterson, W. Va.; Dr. G. M. Bell, Mich.; Lewis Heckrath, Mont.; Dr. A. W. Woodburne, Canada; E. F. Naines, O.; Mrs. L. Peters and son, Tenn.; J. C. Kemler, Wis.; Della Weeks, Ia.; Mrs. Charles H. Roberts, Ill.; Willard Burton and wife, Tex.; Charles F. Karnopp, Newfoundland; Charlotte Clashy, Col.; Mrs. W. J. Lamberton, Pa.; Mrs. Anna M. Keenan, Pa.; H. J. Messing and child; Miss Jennie Seamons; E. M. Ware, Minn.; Mabel Long, Mich.; E. W. Allen, O.; Mrs. H. H. Hazeltine, Pa.; Mrs. H. S. Brown, Pa.; Harriet Ely, Ill.; D. Walter Collins, Ont.; W. J. Lamberton, Pa.; Mrs. F. B. Tomb, Pa.; Miss Nan Tomb, Pa.; John S. Phillips, N. Y.; Mrs. G. G. Wilson, Mich.; F. J. Wilson, Mich.; Charles M. Ward, Minn.; Marion Cock, Pa.; Mrs. C. W. O'Donnell, N. Y.; W. G. Morford, O.; Mrs. Fred A. Hodge, Minn.; Mrs. W. R. Webster, Minn.; P. W. Jones, Wis.; G. O. Elliott, Ind.; M. E. Beman, O.; Sarah A. Myers and child, Mont.; S. L. Wheaton, N. Y.; J. C. Chapin, city; Miss K. U. Field, Mich.; Dan E. Nutall, Pa.; Miss M. E. Foster, city; Miss M. A. Crooks, Mich.; W. F. Bryan, Mrs. H. B. Brown, Ind.; Mrs. E. R. Stewart, City; Mrs. Val Hoffman, Ill.; Miss Della Hoffman, Ill.; Rev. Ainsworth Hope, O.; Mae Cote, Wis.; Mrs. F. A. Bradley, Ill.; Fred O. Bradley, Ill.; Amy Gardener, Mich.; S. De Nux, M. D., La.; Amy Shurick, Ill.; Charles Ganz, O.; Dr. Nathan A. Monroe, N. Y.; R. N. Bowden, Mo.; L. I. Bowden, Mo.; George C. Fuller, Mich.; W. J. Predmore, wife and child, Mich.; Mrs. J. M. Procter, Ill.; P. B. Brodman, Ia.

THE HOUSE BY THE SIDE OF THE ROAD

THERE are hermit souls that live withdrawn
In the place of their self-content;
There are souls like stars that dwell apart
In a fellowless firmament;
There are pioneer souls that blaze a path
Where highways never ran.
Let me live in a house by the side of the road
And be a friend to man.

Let me live in a house by the side of the road,
Where the race of men go by—
The men that are good, the men that are bad,
As good and as bad as I.
Then why should I sit in the scorner's seat,
Or hurl the cynic's ban?
Let me live in a house by the side of the road
And be a friend to man.

I see from my house by the side of the road,
By the side of the highway of life,
The men that press on with the ardor of hope,
And the men that are faint with the strife.
And I turn not away from their smiles and
their tears—
Both parts of an Infinite plan.
Let me live in a house by the side of the road
And be a friend to man.

I know there are brook-gladdened meadows
ahead,
And mountains of wearisome height,
That the road stretches on through the long
afternoon
And passes away to the night.
Yet still I rejoice when the travelers rejoice,
And weep with the strangers that moan;
Nor live in my house by the side of the road
Like a man that lives alone.

Let me live in a house by the side of the road
Where the race of men go by.
They are good, they are bad, they are weak,
they are strong,
Wise, foolish; so am I.
Then why should I sit in the scorner's seat,
Or hurl the cynic's ban?
Let me live in a house by the side of the road
And be a friend to man.

—Sam Walter Foss.

A BRIGHT PUPIL'S ANSWER

Algebra was the wife of Euclid.
A ruminating animal is one that chews its
cubs.

Switzerland is a wonderful place; you can
often see the mountains touring among the
clouds.

Pro and Con are prefixes of opposite mean-
ing, e. g., Progress, Congress.

Queen Elizabeth's face was thin and pale,
but she was a stout Protestant.—*Success Mag-
azine.*

"While you are waiting for the good to hap-
pen in the world of things, build greater cas-
tles in the world of thought."

"Wherever you go, preach the gospel of
good cheer; but never mention the world of
discontent."

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THE BATTLE CREEK IDEA

VOL. II, No. 19

BATTLE CREEK, MICH., APRIL 16, 1909

PRICE, 2 CENTS

NEW CLASS FORMED FOR NURSES' TRAINING

Twenty Students from Many States
Enroll for Three Years'
Course

EASTER SERVICE IN CHAPEL

TWENTY nurses from almost as many states and one from Mexico have joined the new nurses' training class which began work April 1. The course includes three years of practical and class work plus a probationary term of three months.

Courses of instruction for nurses were begun at the Battle Creek Sanitarium nearly thirty years ago. A little later a regular training-school for nurses was organized, which in 1888 was so broadened in its scope as to become a Missionary Nurses' Training-School. More than one thousand young men and women have been trained in this school for useful service to their fellow men, and many of these may be found today standing faithfully at their posts of duty in home and foreign mission stations, performing such service for suffering men and women as can be rendered only by nurses equipped with the superior knowledge and skill acquired by the comprehensive course of study and training of the Battle Creek Sanitarium and Hospital Training-School.

The Training-School was wholly a new departure in the training of nurses. No attempt had previously been made to put into the hands of men and women by systematic instruction and daily drill the diversified and wonderfully efficient curative means comprised under the general head of physiologic therapeutics. The Battle Creek Sanitarium was the first institution in which all efficient means of cure known to modern scientific medicine were combined under one roof and one management. The Training-School for Nurses was a part of the plan of the promoters of this enterprise whereby it was hoped to disseminate and propagate the principles and methods which have since become so widely and favorably known as the "Battle Creek Idea."

The various novel and efficient methods of treating the sick, the numerous discoveries in food products and preparations, and especially the combination of these with those of long-established value, give to the nurses and physicians trained in this institution an unusual preparation for their work as Good Samaritans in all parts of the world.

This school differs from the ordinary train-

(Continued on page 6)

Meat-Eating and Its Effects

Dr. J. H. Kellogg in a Sanitarium Lecture Tells of Diseases Meat-Eaters Are Liable to Contract

NO SLAUGHTER INSPECTION

"I AM sure that any intelligent person who has had his eyes opened so that he really understands what he is eating when he eats flesh, will have such a loathing, such a feeling of re-

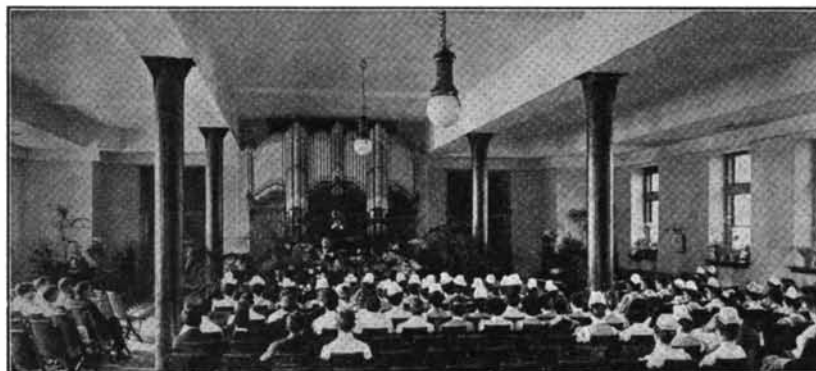
THE SPINAL CORD AND SOME OF ITS DISEASES

Dr. W. H. Riley Tells Sanitarium Patients of This Part of the Body's Great Nervous System

HEMORRHAGE IN THE CORD

(Continued from last week.)

"In a previous lecture I described the spinal cord and indicated its principal physiological functions. In the present one I will describe



SANITARIUM NURSES ATTENDING EASTER SERVICE

pulsion at the very thought of taking the flesh of an animal into his mouth that it would not require any sacrifice or self-denial to refrain from meat-eating.

"A gentleman asked me some time ago, 'Doctor, don't you feel once in a while as though you would like a nice juicy beefsteak?' I could hardly repress an expression of intense disgust at the idea of his supposing that after having refrained from the use of meat for more than forty years, I could have any hankering for it now. Presumably he imagined I had been wishing the whole forty years that I might have a little meat and restrained myself from so doing by some fancy or theory or æsthetic reason perhaps,—but all the time wishing that I could only indulge in the flesh-pots of Egypt. That gentleman was quite mistaken, however. I have not eaten a pound of meat in more than forty years. It has been forty-two years, in fact, since I stopped eating meat, and I am sure if I live forty years more I shall not taste it at all.

(Continued on page 3)

some of the most frequent diseases of this important part of the nervous system.

"The most important organic diseases of the spinal cord are hemorrhages, acute softening or degeneration of the cord, the result of the plugging up of the blood vessels by some disease of the arteries; injuries to the spinal cord, such as gun-shot wounds and other lacerative wounds of various kinds, pressure upon the spinal cord following injuries to the back which fracture the vertebra; tumors, which grow in the cord itself or in the membrane of the cord; inflammation of various kinds and degenerations of the nerve tissues which make up the spinal cord.

"Hemorrhages in the spinal cord occur less frequently than do hemorrhages in the brain. Yet hemorrhage in the cord is of not infrequent occurrence. The blood vessels of the spinal cord have a peculiar arrangement. The principal blood vessels of the cord are the longest of their size in the body. These come from what are known as the vertebral arteries in the lower part of the brain and pursue a very

long course, extending the whole length of the spinal cord. By the peculiar arrangement of these arteries the force from the heart is not conveyed directly into these blood vessels which supply blood to the spinal cord. And this is one important reason why the blood vessels do not break very readily and are not very frequently the seat of hemorrhages. Hemorrhages do occur, however, and are caused by some disease of the blood vessels which weakens their walls and allows a hemorrhage to take place. Following this hemorrhage in the cord there is usually set up an inflammatory reaction or an acute degeneration in the substance of the cord. The symptoms of hemorrhage in the cord are usually severe pain, which tends around the trunk and sometimes down the lower limbs. This pain usually develops suddenly, without any premonitory symptoms, and is not attended with a fever. Following the pain there is more or less disturbance of sensation in the legs and lower part of the trunk below the level of the hemorrhage in the cord. This disturbance of sensation may consist of numbness, creeping and prickling sensations, or there may be more or less loss of the various sensations, so that when the patient's skin is touched with some object or with heat or cold, or even pinched or pricked with a pin, the individual suffering from this disease of the cord does not recognize these impressions as readily and acutely as when in the normal condition, and in severe cases of hemorrhages in the cord this loss of sensation may be complete, so that the skin can be pricked or pinched or cut with a knife or burnt with a hot object without producing any pain. Cases are seen by physicians of experience with all shades and gradations of loss of sensation in the body below the level of the disease in the spinal cord. In some of these cases the loss of sensation is slight, in others it is complete, and between these two extremes all variations of diminution of sensations are observed.

"In addition to this disturbance of sensation there is also a greater or less degree of motor paralysis. This, too, varies in degree, depending upon the severity of the hemorrhage or disease in the spinal cord. In some cases the paralysis is complete in the legs and in the lower part of the trunk up to the level of the diseased cord. In other cases the paralysis is only slight. Between these two extreme conditions one sees all degrees of paralysis. In some cases the patient is able to move all the joints of the feet and legs, and the muscles of the trunk, but these movements in the affected parts are weak and inefficient. In the severe cases the patient is unable to move the joints of the feet or legs at all and the paralysis is complete.

"The bowels suffer from diseases of the spinal cord, so that the patient suffers from constipation and sometimes is unable to control the movements of his bowels. The bladder may also be paralyzed so that the urine passes constantly from the bladder—so-called incontinence of the urine, or the urine may be retained in the bladder, the patient being unable to empty the bladder voluntarily, and it may become distended, and as a result of this a catarrhal condition is set up in the bladder and this causes a serious condition, and infection may extend from the bladder up to the kidneys, producing disease of the kidneys which may result seriously.

"So-called bedsores sometimes form in severe diseases of this kind, and these are very difficult to manage and treat. They cause great inconvenience to the patient, sap his vitality and may be a contributory cause to a fatal termination of the disease. These bedsores sometimes form in a surprisingly short time after the inception of the disease. Per-

sonally I have seen cases where, when even the greatest precaution was taken, a bed sore would begin to form in a few hours after the beginning of the disease. This may be explained somewhat as follows. The nerve cells and nerve fibers in the spinal cord and the fibers which extend from the spinal cord to the skin and tissues of the body, have what is called a trophic influence on the tissues of the body. That is to say, nerve impulses pass from the spinal cord down constantly to the muscles and the skin and these impulses control the nutrition of the skin and other soft tissues of the body and thus maintain a condition of normal tone and health. When this trophic influence is withdrawn by disease from these tissues, they lose, to a large degree, their life and vitality and so are easily broken down by a very slight irritation, such as pressure from the bed clothing or even the application of a warm water bottle to the skin, or a slight irritation to the skin may be sufficient to start a sore. A bed sore is always a serious complication in this disease and the greatest care should be taken to avoid the formation of one.

"The position in bed should be changed often by using a draw sheet which extends from the armpits to the hips. The patient lies on this short sheet. When it is desirable to turn the patient in bed from his back to his side or from one side to the other, this can be done very readily and with comfort to the patient, by taking hold of one side of this sheet and carefully pulling the patient over from his back to his side or any other desirable position. It is very important to use this so-called draw-sheet in cases of this kind, for the greatest care should be exercised in moving the patient so as not to aggravate the disease in the cord.

"This description of moving the patient from the bed naturally comes under the head of treatment, but it can be used with equally beneficial results in other diseases of the spinal cord which produce paralysis. But it is described in this connection because of the importance of giving proper care to the patient so as to avoid the formation of bedsores. It should be stated in this connection that the most favorable position for a person who has had a hemorrhage is a prone position, that is, lying with his face downward so that the spinal cord will be elevated as much as possible and thus may have some good influence on the hemorrhage, which, of course, it is desirable to check.

"In the treatment of these cases of hemorrhage of the spinal cord the patient should be put to bed and take the prone position. An ice bag should be applied along the spinal column for from a half hour to an hour at a time, two or three times a day. This bag, which should preferably be a long rubber spine bag, may be filled with ice cold water, or if the patient is feeble and delicate, the water should be of a higher temperature. It is important to exercise caution in using the ice bag, because if left on too long it may do harm to the superficial tissues of the body. In most cases from a half hour to an hour will be long enough. It may then be removed and the parts rubbed carefully so as to re-establish the circulation to the parts to which the ice bag has been applied.

"It is very important in these cases to take proper care of the stomach and bowels. The patient's diet should be moderate in amount and should consist of foods that are easily digested and nutritious. Meat and foods that are rich in proteids should be eaten sparingly. And it is better if meat is entirely discarded from the bill of fare. The bowels should have careful attention. They should be relieved by the use of an enema or some mild cathartic. In diseases of the spinal cord where the bowels

are paralyzed, fecal matter is often retained in the bowels, poisons are formed, as the result of bacteria or germs which are present in the bowels, and these are absorbed in the blood, carried to the spinal cord and other tissues and often aggravate the disease of the cord. The same care should be used in treating the bladder. If the bladder becomes distended by the retention of urine a catheter should be introduced and the urine withdrawn and the bladder washed out with a proper solution. Treatment of this kind should always be given by the physician or by a well trained nurse who has been properly instructed by the attending physician.

"The paralyzed muscles should be treated by massage, which should be given in a mild manner and carefully at first, and with greater vigor as the patient's condition improves. The massage should be given daily by a well trained masseur. Electricity should also be applied to the paralyzed muscles for the purpose of producing muscular contraction and improving the nutrition of the muscles. The kind of electrical current which should be used in any particular case can only be determined by first making a careful examination of the patient and then the physician selecting the current which produces the best muscular contraction. The electrical currents which are generally used in cases of paralysis are the faradic, the sinusoidal and the interrupted galvanic. The current should be selected which is best suited to the needs of the case in hand. As the patient improves in strength he should have special exercises given to him in bed in the form of Manual Swedish movements. These should also be given by a trained masseur and should be carefully adapted to the needs and the condition of the case. The value of these manual movements in cases of this kind can only be appreciated by observing their beneficial effects. Later, as the condition of the patient improves, he may be given exercise which is of a mild nature at first and may be gradually increased with the improvement of his condition.

"Certain drugs are recommended in the treatment of this condition, but their value must be little at best, and very much more can be accomplished by the use of the physiologic methods before mentioned than by the use of any drugs with which I am acquainted. These natural remedies can best be applied under the direction of a well trained physician of experience in dealing with these cases and in an institution that is properly equipped with required appliances so that these remedies may be used to the best advantage. They should also be applied by a thoroughly trained and skillful nurse who can use them to the best advantage. The results obtained by their use will depend to a large degree upon their intelligent direction and skillful application to the patient."

LECTURE TOPICS ANNOUNCED

THE subjects of Prof. S. C. Schmucker's lectures to be given at the Battle Creek Chautauqua have been announced. Professor Schmucker is a famous Nature Study teacher and the committee considers itself very fortunate in having secured him. During his stay in the city he will be a guest at the Sanitarium. The lectures are as follows: Monday, "Needless Fears"; Tuesday, "Fiddlers of the Fields"; Wednesday, "Little Brothers of the Air"; Thursday, "A Stalk of Corn"; Friday, "The Real Purpose of Nature Study".

His subjects for round table discussions in the mornings will be "Nature Studies and the Teacher," "Nature Studies and the City Workmen," "Nature Studies and the Farmer," "Nature Studies and the Business Man."

EFFECTS OF MEAT EATING

(Continued from page 1)

"Once or twice, a good many years ago, in crossing the ocean, when I hadn't found out how to get good things by feeling the steward, I tasted a little meat. But I was very sorry and ashamed afterward that I did, and it was very repulsive, I assure you. The thought of eating meat must be repulsive to anybody who has formed a proper conception of the natural diet of man. The meat-eating habit and the meat-eating appetite are entirely artificial. There was never a baby that liked meat the first time it tasted it. Every mother knows she has to teach her baby to eat meat. Some of these mothers here know that from actual experience. You had to show the baby how to eat it, had to eat it yourself, and smack your lips and tell the baby it was very, very good and insist on the little one trying it. It is very rare indeed that a child likes meat when it is first given to it. It is just as it is with calves,—they have to learn to eat salt. The mother cows show the calves how to eat salt; the little ones taste it but don't like it. They go off and leave it, but by degrees they learn to like it. Many a farmer has told me that, and I am sure that it is true from the observations I have made myself.

"When one understands what he is eating when he is eating meat or the flesh of an animal, he realizes that he is simply eating a corpse, nothing more or less. A dead animal is just as much a dead thing, a corpse, a cadaver, as a dead man or a dead woman. Out in western India many years ago a Roman general arrived with his army and conquered a tribe, and he found one very astonishing practice among them. He observed that there were no cemeteries. He made inquiries as to where they buried their dead, and on investigation he found that there was no ordinary dying among these folks. Possibly there was a death by accident once in a while, but people didn't grow old and die of old age. They didn't die of heart disease or kidney disease or the like, because just as soon as a person got sick they immediately got the friends together and had a feast. They didn't wait for the person to pine away and get lean and cadaverous; they called all the friends at once and had a feast right away. The old Roman general said to the chief:

"Now this is such a horrible practice, what will induce you to abandon it? How much money can I pay you and what can I offer you to induce you to abandon this horrible practice of eating your friends and relatives and parents and children?"

"Can you guess what the chief answered?"

"Could we show our respect for our fellows any more truly and thoroughly than offering our bodies to be their sepulchres?"

"That reminds one of what Charles Lamb said about roast pig. You have read Charles Lamb's essay on roast pig, extolling the virtues of roast pig, how delightful it is, what a juicy morsel it is; but ending up by admitting it was rather hard on the pig. 'But then,' he said, 'the pig has ample compensation in the fact that he has such a fine sepulchre.' Now that explains something. You look this country over and you cannot find a place where there is a pig cemetery, yet there are millions of pigs dying in this country every year. The situation is the same as that in Western India. There is not a pig cemetery in this country and there are millions of pigs dying every year, but they are buried where these heathen buried their friends and relatives.

"Now in France you cannot find a horse cemetery either, because as soon as a horse gets

too slow, gets too old to do the work of drawing a cart or a street car, he is immediately driven out to the slaughter house, butchered, cut up and sold as sausage and eaten up. In Paris you go along the street in certain quarters and there you see every little while a horse head stuck out over a door. The first time I saw that I was very much shocked. I said, 'This must be a harness shop, or here is a horse-shoer,' but the friend who was with me said, 'No, that is a horse meat market.' I went in and there on the counter were all sorts of horse meat,—first-class horse meat and second-class mule and third-class donkey, sausage, chops, roasts and all sorts of things. So there is no occasion for horse cemeteries in France either,—the people offer their bodies to be the sepulchres of these millions of dying beasts. The health officer of Ireland said sometime ago that more than 20,000 diseased animals were buried in the catacombs of the human stomachs in London alone every year. A health officer in Chicago said some years ago that if the diseased animals that were slaughtered in Chicago every year were discarded so that none of them would be used as food, the price of beefsteak in Chicago would be a dollar a pound. So you can guess the proportion of diseased meat that is being eaten down there.

"Sometime ago I sent one of my assistants to the Chicago stock yards to spend a few days there and make observations. He gave me a faithful report of what he saw and brought home some great boxes full of what he gathered,—and he gathered a variety of most interesting things. There were hog stomachs and intestines all full of ulcers from hog cholera. He had the stomachs and intestines of these animals, while the people down there at Chicago were eating the spare-ribs and the roast hog. The butchers slaughtering these animals simply cut off those portions that were so awfully bad outside that the condition of the animal would be detected from their appearance, and the rest was passed right along. I went down to the market in town here some years ago to get a hog's liver, but the butcher said, 'We haven't any hog's liver.'

"Why not? You have sheep's liver, why not hog's liver?"

"He replied, 'There is not one hog's liver in a hundred that hasn't abscesses in it and I don't want to impose upon people by selling them livers with abscesses.'

"Now what is the condition of the rest of the hog when there is an abscess in the liver? How would you feel yourself if you had an abscess in your liver? You would probably have a bad taste in your mouth, have headache and very likely would have various unpleasant symptoms. Don't you suppose that the hog feels the same way? Who wants to eat a hog with headache? Who would like a slice of an animal that felt depressed in spirits? Who would relish that kind of flesh? Yet that is exactly what you are doing when you are eating those dead beasts. You are eating their morbid conditions right along with them.

"You have heard of uric acid, no doubt, and you know how poisonous it is. If a man eats a pound of beefsteak a day he is taking in fourteen grains of uric acid a day and that will be piled up against his heart. The man who has eaten beefsteak regularly for ten years has probably piled away somewhere a pound or a pound and a half of uric acid, and it takes a good while to get rid of it.

"A German physician pointed out sometime ago that the wandering pains that are called muscular rheumatism are largely due to trichina, because they get into the muscles and they never get away. They always stay there. Trichinae exist in the pork in little cysts and when the pork is eaten these little cysts are

digested off and the worm begins to grow and multiply in the intestine. They bore their way into the blood vessels, get into the blood and are carried by the blood stream into the muscles. They work out from the stream into the muscles and they remain coiled up in the muscles.

"It is an interesting fact that there are more people that have trichina than hogs. The government inspection in Chicago shows that two hogs in 100 have trichinosis, but Dr. Jane-way's investigation showed that six people in 100 have trichinosis.

"The history of trichina is interesting. It was first discovered in a dissecting room in Germany. After a while they found that the rats which were sometimes caught and used for experimental purposes had trichina also, and they found human beings eat trichina and rats eat trichina. After a while there was a great feast and 100 people were taken sick after the feast. Among the things they had at the feast were some ham sandwiches. Some of these people died, and the post mortem examination showed they had trichina. It occurred to somebody that possibly there was trichina in the pork and they looked the matter up and found sure enough that there was trichina in the pork.

"You have noticed sometimes in a market that the meat has a peculiar appearance in color. Sometimes it is dark red, sometimes it is light. If the meat is light in color, the animal has had tuberculosis probably or some other wasting disease which produced anemia. If the flesh is very dark red it is because the animal had fever when it died, and this produced the dark red venous blood. If you will watch very closely the condition of meats in the market you will see plenty of evidence of these constitutional maladies. Sometimes the meat is yellow because the animal had jaundice. These animals are also apt to have gallstones. Butchers will tell you that they find gallstones in the gall bladders of hogs and oxen very often. These animals also have trouble with their livers. You cannot conceive how much trouble they have with biliousness and all kinds of liver trouble.

"I dare say the old ox and the hog very often have a sideache and a headache and many other pains that they do not say anything about because they can't explain. When one eats them he eats them headache and all. These liver troubles, jaundice, biliousness and all, go right along with the meat. They don't show very much after the meat has been stewed or roasted in the oven and covered over with gravy, but the biliousness and the jaundice, the fever and the consumption, are all there just the same.

"A teacher was telling me an experience he had down in Kentucky where he was teaching out in one of the backwoods districts. He didn't get much money, but took his pay in trade, and one of the little boys said to him one day, 'Dad is going to kill a pig tomorrow and wants to know if you don't want a shoulder.' He told him that it would be very agreeable. He waited several days and the pork didn't come, and finally he spoke to the boy about it and said, 'I thought you were going to bring me some pork.'

"Oh,' he said, 'the pig got well, so dad didn't kill it.'"

THE MEDICAL MISSIONARY

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THE BATTLE CREEK IDEA

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VOL. II, APRIL 16, 1909 No. 19

THE COD LIVER OIL FAD

WHEN the first enervating spring days arrive the tonic fad is sure to be rife. The drug stores display tempting (!) bottles of beef, wine and iron, cod-liver oil and similar preparations warranted to remove that "tired feeling" and restore health, elasticity and ambition to the takers. For many years the virtues of cod-liver oil have been so dilated upon that the average person of weak constitution looks upon it as a sort of spring life-preserver, which will carry him along in the course of a few weeks to the safe shores of good health, there to bask until another spring carries him out to the danger sea again.

As a matter of fact cod-liver oil has no more curative value than any other grease. Some years ago an eminent English chemical firm undertook an exhaustive study of cod-liver oil, and made the interesting discovery, which was published in the medical journals, that the active principles of cod-liver oil consist only of certain ptomaines or toxic substances; which are the result of putrefactive processes. Putting these two interesting facts together it is clearly seen that cod-liver oil is simply common "grease" plus some ordinary ptomaines which result from putrefaction.

Many intelligent practitioners have observed that cod-liver oil is actually inferior to good dairy butter or rich cream, and that there is no virtue whatever in the so-called "active principles," which, being toxins, cannot be possessed of any curative value. Olive oil, nut oils and even cottonseed oil, may be obtained in a state of much greater purity and in more digestible form than fat in the shape of cod-liver oil. But, after all, these substances are grease, or separated fat, and hence are difficult of digestion. Fats in a natural state are in the form of emulsion and mix readily with water and with the fluids found in the stomach and other digestive organs, and so do not interfere with the digestion of other food elements. Sweet sterilized cream is one of the most digestible forms of fat. But there are a few persons who cannot take cow's milk in any form. For all such individuals, such nuts as almonds, pecans and filberts are to be recommended.

All almonds and filberts can be easily made into a most delicious cream by simply blanching and crushing, then mixing with a little water. The ripe olive affords the most wholesome supply of easily digestible fat. A great advantage in the use of simple vegetable fats is that they

can be eaten and assimilated in very much greater quantity than the rancid animal fats which are sold under the name of "cod-liver oil."

OUR NATIONAL NERVES

DR. SIEGFRIED LILIENSTEIN, the eminent German neurologist, who has been touring the world, recently paid a visit to New York and while there made some astute comments upon the American manner of living and the prevalence of nervous breakdowns, which he said were as common among the poor as among the rich. Overwork, worry and dissipation are the three most potent factors in producing the breakdowns, and that unless our people "slow down" they will have to pay an awful penalty, was his ultimatum.

The impression which prevails, that Paris is the fastest city in the world, is out of date, says the doctor, "for," he asserts, "the people of Paris do not live nearly so rapidly as do the people of New York, and nowhere on earth are nervous disorders so frequent as in New York, and they are increasing." It is interesting to note that this famous specialist in summing up the general treatment for this disease, emphasizes the very system in vogue at the Sanitarium—viz., baths, fresh air, exercise and rest. We quote his advice:

"Every nervous disorder must be treated as a separate case, but as a broad statement it may be declared that the relaxation and stimulation of the bath, with proper exercise, affords the best cure. The bath used as the Romans used it, was both a preventive and an alleviative. Exercise is imperative, and it is open to rich and poor alike. So is fresh air. But these are alleviations; the only real preventive for New Yorkers is a less strenuous life. Worry is a terrible enemy of health, even if it is only the worry of getting from one place to another in a hurry. It is easier to say 'Don't worry' to the rich than to the poor; yet the poor need the advice more than the rich. Worry acts directly upon the nerves. The relaxation of the bath, affecting at once the body and the mind, is a direct antidote to haste, worry, tension. Both the poor and the rich may enjoy pure air. Both may enjoy exercise. Certainly both should seek these aids to equilibrium, to nerve health."

HEALING POWER

HEALING power is not to be found in bottles nor in baths. The healing power by which the sick man is restored to health is in his body. "It is the blood that heals." "The blood is the life." Impure blood, thin, anemic blood, blood saturated with tobacco, alcohol or uric acid, has little or no healing power.

To have great healing power the blood must be pure; it must be disinfected and purified by exposure of the skin to the action of the sun's rays. Hence, a healthy skin is necessary for purity of blood and a high degree of healing power in the body.

Chronic invalids are sick because of their low vitality; that is, their vital resistance is small; the power to make good blood is diminished; the healing power of the blood is below normal.

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are a good remedy to have handy. They are invaluable to those who live a sedentary life, with slow digestion, sour stomach, etc., that too often result from it. We want you to try this remedy, and will send you a sample box free upon receipt of your name and address; or three boxes, containing 40 tablets each, sent postpaid for \$1.00.

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Besides the regular hospital training, thorough training is given in Hydrotherapy, Massage, Manual Swedish Movements and all physiologic methods peculiar to the Sanitarium, and is each a training in itself and found almost exclusively in our work.

Classes are organized April 1 and October 1. Applications are received whenever vacancies occur.

For further information or particulars regarding the school, address the

Battle Creek Sanitarium & Hospital Training School

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THE MISSION MOVEMENT IN EAST AFRICA

Rev. E. H. Richards Tells of Conditions
Which Maintains in Portuguese East
Africa

DOES THE WORK PAY?

"Does the Foreign Missionary Movement Pay?" was the title of an address given Sabbath afternoon in the parlor by the Rev. E. H. Richards, who for over thirty years has been a

missionary to Portuguese East Africa. He brought ample proof to his hearers in the affirmative, showing that the civilizing of the natives paid not only in human lives but in dollars and cents. He alluded to the visit of President Roosevelt to that country and said that it would be worth many millions to Africa and that the American nation would know a thousand times as much about the country when he got back. "It will pay to keep your eye on Africa," he asserted, "with its magnificent resources, its climate, which in places is more beautiful than southern California, with the choicest of fruits and flowers, cheap enough for your pastor and good enough for your president. There are a million people below the Zambesi river, having in their veins the best blood of England. We have some splendid

cities—Cape Town, Johannesburg and others, while Kimberley is the richest spot on the face of the earth."

To give his hearers an idea of what could be accomplished by the religion of Christ he told of conditions that maintained there one hundred years ago, when a Zulu chief formed the idea of amalgamating all the tribes and crushing everything that opposed him. In his march through the country, it is estimated, that he butchered more than a million human beings. "The natives who were slain," he added, "would have done the same thing if they had had the power, for they did nothing for generations but split each other's heads. Now, one hundred years later, I could take you into a handsome little church in Cape Colony where the men and women, whose ancestors a century ago were bloodthirsty savages, sit and listen to their native preachers, hungry for the word of the gospel. They are as elegantly dressed as in any church in the United States, their houses are furnished with furniture which you manufacture. They buy imported cloths and their far mplements are of the latest improved kind. They haven't had a foreign missionary in Cape Colony in twenty-five years. They hire their own native preachers and carry on their work themselves. Does the missionary effort pay?"

The speaker told of the difficulties of learning the language and reducing it to writing and then of the task of "living the gospel into them." The Lord's prayer was utter nonsense to them, he said, translated literally—the ideals of fatherhood in a country where women and children were sold like cattle, were not high. But once the spirit of Christianity was instilled into them through the life at the mission, they became splendid characters. In many localities now they are begging for Christian teachers, offering houses, lands and money. "We have sometimes to send out to them mere children who hardly know their gospel. A little band of children, converts of the mission school, are this very month preaching to one hundred and fifty thousand people. And to that great eager band of people you have sent but one missionary. It costs five dollars a month to take care of a preacher out there and he will give away every penny of it. Their sympathies are so drawn upon that they cannot help but give. We haven't a minister in our church who isn't supporting from one to fifty little children. There are three millions of people in my back yard," he said in closing, "and you have never sent but one missionary in the thirty years I have been there."

"BEHIND our life the Weaver stands,
And works His wondrous will;
We leave it all in His wise hands,
And trust His perfect skill.
Should mystery enshroud His plan,
And our short sight be dim,
We will not try the whole to scan,
But leave each thread to Him."

NOBEL PRIZE

It has just been announced that the much-sought Nobel Prize for medicine has been awarded to Prof. Elie Metchnikoff, of the famous Pasteur Institute, Paris, in recognition of his researches and discoveries regarding the conditions favorable to prolonging human life. His most notable achievement in this connection was the discovery of the vital importance of the Bulgarian milk ferment—

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in fighting off disease and so adding to the span of life.

The power of YOGURT lies in the fact that when introduced among the innumerable varieties of hostile germs that are ever ready to break through any weak spot in the human system, the YOGURT organisms, our "friendly germs," make it difficult for the invaders to make a successful assault.

Yogurt is prepared from original cultures of the Bacillus Bulgaris, obtained from Paris, reinforced by fresh importations direct from Bulgaria, the native home of this most remarkable bacillus, where, as in all the Orient, it has been used for ages, and has produced the most notable examples of physical endurance and longevity.

YOGURT is put up in packages of one hundred tablets—one dollar per package postpaid—or six packages for five dollars postpaid.

Our Special Yogurt-Good Health Offer

In order to keep you fully informed about the latest developments in the world of hy-

gienic diet and right living, if you are not already a subscriber, we will send you our Good HEALTH magazine for five years on receipt of an order for six packages of YOGURT at five dollars.

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Instruction Free

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NEW TRAINING SCHOOL CLASS

(Continued from page 1)

ing-school both in the scope of the instruction given and in the methods of training. The curriculum includes all that is comprised in the course of training given in schools connected with large city hospitals, and in addition a great number of subjects not included in the ordinary nurses' course of study and training. One reason for this is the great variety of curative measures employed in the Battle Creek system of treatment with all of which the nurses must become thoroughly familiar.

The Sanitarium nurse must not only understand the dressing of wounds, the putting on of bandages and splints, and the general care and handling of sick people, but must be skilled in massage, and thoroughly familiar with all the principles and methods of hydrotherapy,—a subject by itself, and one of the most important branches of scientific medicine.

All departments of natural or physiologic therapeutics are studied and practiced until the technique of many hundreds of different applications has been learned. Among these special subjects are Phototherapy; Electrotherapy; Massage, Manual and Mechanical Swedish Movements; Gymnastics for both the sick and the well, and a thorough course in hygienic cookery for the sick.

A certain amount of what is called domestic training is also necessary before a nurse is passed on to her specific duties. It is needful

that she shall know how to make beds, to dust, sweep, disinfect, and otherwise care for a patient's room, to care for all furniture, bedding, linen, etc. She must know how to prepare and serve foods nicely, to set a tray attractively, and numerous other details that go to make a finished nurse and without which her work for the sick will never be satisfactory.

The class of '09 is preparing for its graduation exercises to be held June 2, when an attractive three-day program, beginning with the baccalaureate sermon on the previous Sabbath, will be given.

The list of new students is as follows:

Elsie Blackie, Mich.; May C. Cate, Wis.; Alice Gregory, N. Y.; Mary Gerlack, Ind.; Cleo. Haley, Mich.; Margaret Hartman, Ohio; Luthera Jeffries, Ohio; Alice Jones, Mo.; May Kinder, Ill.; Katherine Kalaita, Ind.; Maude Layman, Mo.; Mabel Larkin, Kan.; Elizabeth Martin, Pa.; Francis Simmon, Tex.; Eva Belle Strong, Mich.; Mary Warrington, Ohio; Melva Warrington, Ohio; Mary E. West, Mich.; Tomas Yopez, Mexico; John A. Muir, Pa.

A feature of the training which makes for high moral standards and Christian manhood and womanhood among the graduates is the religious opportunities afforded them. They are given a thorough Bible study training under efficient instructors connected with the college and are expected to take an active part in the Sabbath services, morning prayers, vespers, etc. In both the men's and women's departments a stirring gospel song service is held each morning at 7 o'clock. At 8:30, before going on

duty for the day, a short service of prayer and song with a few words of practical advice as to their duties for the day and their manner of performing them, is held.

On Sabbath morning special Easter services were held in the chapel at 8:30 in which both departments joined. There was an organ voluntary by Mr. Drever, after which Dr. J. F. Morse read the story of the resurrection from Luke 24, and following an Easter hymn sung by the audience, he gave a brief talk on "What Does the Resurrection Mean to Us?" in which he brought out the thought that Christ's life and his resurrection had meant to the world what each succeeding spring does to Nature, the sunshine, spring rains and soft breezes, bringing forth to mature beauty what had been hidden and inert during the chill of winter. He urged his hearers to make their ministrations to the sick and suffering take on the character of Christ's sunshine—that they reflect in their ministering the beauty of the ministry of Him who died that the world might be saved from sin and suffering.

EASTER DAY OBSERVED

EASTER was celebrated on Sabbath by special services in the chapel, which was handsomely decorated with lilies and flowers of purple and gold, the delicate beauty of cineraria and genesta blending harmoniously as it banked window ledges and platform.

The musical program was as follows:

Hymn—Glorious Things of Thee Are Spoken.
Solo—The Lord Is King.....Coombs.

MISS RUTH BROWN

Offertory—SerenadeWidor.

Organ and Piano

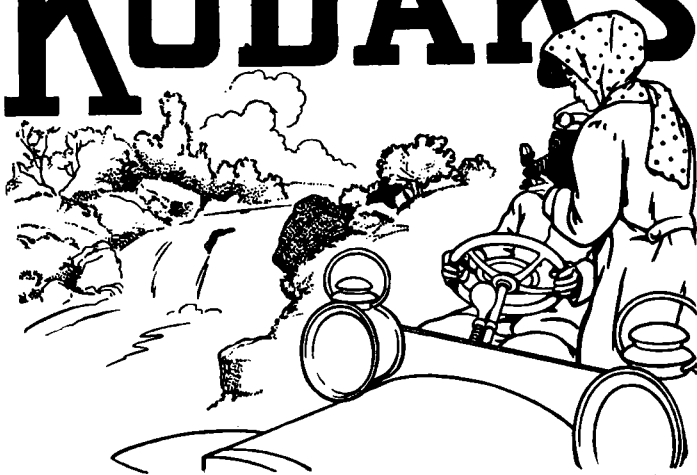
MR. AND MRS. DREVER

Hymn—Eternal Depth of Love Divine.

The sermon was delivered by Elder A. T. Jones. Sunday afternoon at 3:30 the Rev. Mr. Phelps of the First M. E. church gave a sermon on "The Risen Christ" which was attended by a large audience.

"Man has a mind and a soul, and the mind is greater than the man and the soul is greater than the mind."

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For thirty years the Battle Creek Sanitarium has been curing sick folks by regulation of diet and other physiologic means. The diet system which has been developed is recognized as the chief factor in the building up of the world-wide reputation of the great institution.

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There are special diets for diabetes, neurasthenia, rheumatism, anaemia, constipation, dyspepsia and most chronic ailments.

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Ask for our booklet, "Healthful Living."

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BATTLE CREEK, . . . MICHIGAN

TF-0

PERSONALS

Mr. Charles Bailey of Pittsburg is a guest here.

Mrs. Irene D. Smith of Oberlin is a patient here.

Mr. H. C. Sherer of Columbus, O., is a visitor here.

Mrs. A. Ray of Chicago is a patient at the Sanitarium.

Mrs. Alice Lockwood of Buffalo, N. Y., is a patient here.

Mrs. A. Wood of Hamilton, O., is resting at the Sanitarium.

Mrs. W. J. Moore of Matfield, N. Y., is a patient here.

Mrs. E. C. Brown of Rochester, N. Y., is a patient here.

Mr. and Mrs. H. A. Bishop of Chicago are patients here.

Miss Ada Baily of Pittsburg, Pa., is a recent eastern arrival.

Mrs. H. B. Danforth of Peoria, Ill., is taking treatment here.

Mr. E. Trump of Battle Creek is taking treatments here this week.

Mary E. Canfield of Ypsilanti, Mich., is here for rest and treatment.

Mr. W. L. Gilmore of Elkhart, Ind., is here for rest and treatments.

Mrs. J. G. Kelland of Flint, Mich., are newly arrived Michigan guests.

Dr. M. S. Dowling of Leslie, Mich., is a patient at the Sanitarium.

Mrs. P. H. Stettwagen of Wayne, Mich., is here for a few weeks' rest.

Mrs. G. M. Bell of Benton Harbor is listed among this week's patients.

Mr. and Mrs. F. W. Young of Detroit are sojourning at the Sanitarium.

Mrs. J. M. Cartwright of East Liverpool, O., is a patient at the institution.

Mrs. D. D. Riley of Owensboro, Ky., is a newly arrived southern patient.

Mr. and Mrs. F. F. Franz of Des Moines, Ia., are here for rest and treatments.

Mrs. I. N. Gale of St. Johnsbury, Vt., is an eastern patient to arrive this week.

Mr. Henry B. Danforth of Washington, Ill., has come to the institution for a rest.

Mr. P. B. Brown, a newspaper man of Harlan, Iowa, is resting at the Sanitarium.

C. B. Notman of Pittsburg is one of several Pennsylvania guests to arrive this week.

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- Opposite McCamly Park

Mr. and Mrs. A. E. Redman of Kansas, Ill., are newly arrived guests at the institution.

Mr. W. A. Bohn of Fort Wayne, Ind., accompanied his son Richard here this week.

Mr. Henry Haendle of Detroit, a frequent visitor here, returned this week for a short stay.

Mr. and Mrs. A. A. White of St. Paul have stopped off here for a short period of rest.

Mrs. J. G. Olmsted and Miss Alice Olmsted of Des Moines, Ia., are guests at the institution.

Mrs. W. R. Frackel of Vincennes, Ind., has returned to the Sanitarium for further treatment.

Miss Anna Dennison accompanied her uncle, Mr. W. C. Dennison of Cleveland, here this week.

Mr. and Mrs. T. Trowbridge of Decatur, Mich., are spending a few weeks at the Sanitarium.

Atty. G. A. Williams of Lawrenceburg, Ky., is one of our most recent southern visitors to arrive.

Mrs. J. M. Work and daughter, Miss Josephine Work of Des Moines, Ia., are here as patients.

Mrs. J. P. McCabe accompanied by her daughter and nurse arrived from Cincinnati this week.

Mrs. M. B. Lairy of Logansport, Ind., has returned and will remain some weeks taking treatments.

Mr. and Mrs. L. Hilsinger of Toronto, Ohio, are among the several guests who have arrived this week from Ohio.

Dr. Anna Miller a missionary to Persia for many years, is a patient at the Sanitarium, having arrived this week.

Mrs. A. A. Wagner of Terre Haute, Ind., has returned to the Sanitarium. Mrs. Grace Keller and child accompanied her.

Miss Alma Jones, for some years a missionary in Old Mexico, is here for rest, coming immediately from Webb City, Mo.

Mr. Philip Krug of Cincinnati is greeting old friends at the institution this week, having returned for a series of treatments and rest.

Mr. A. E. Lightcap of Winnepeg, stopped off here en route home from Toronto, where he went as delegate to the Laymen's Convention.

Mr. and Mrs. A. C. Boswick of Rochester, N. Y., are patients here.

Mr. R. V. McGrew, a prominent banker of Charleston, Miss., is a guest at the Sanitarium.

Mr. George Wilson and family of Yorkston, S. D., stopped off here this week for a rest. They are en route to New York whence they will sail for Europe.

Mr. and Mrs. W. T. Keller of Columbus, O., arrived this week. Mrs. Keller returned to her home in a few days, but Mr. Keller will remain until he recuperates.

Mrs. H. L. Mangum, of Uvalde, Texas, who will be remembered as Miss Pryor, a patient of last summer, has returned to the Sanitarium for a short period of rest and treatment.

Mrs. H. H. Thompson of St. Louis and her daughter, Mrs. F. A. Luyties, accompanied by her nurse, arrived at the Sanitarium this week and will remain for treatment.

Mr. S. L. Ingram of Minneapolis, who spent several months here last winter and spring and whose entire family are frequent patrons of the Sanitarium, returned this week and is being greeted by old friends.

Mrs. Sarah Ward Conley of Nashville, Tenn., who during her stay last year designed and executed the mural decorations of the grand parlor and lobby has returned to the Sanitarium as a patient and while here will direct the decoration of the dining room.

News Notes

Miss Carrie Zahn has returned from her vacation trip to Ohio.

The orchestra will give a program of music Saturday night in the grand parlor.

The Misses Radley and Lahey have been visiting friends in Augusta this week.

Miss Cummings of the Nurses' department will spend a short vacation at her home in Coldwater, Mich.

Dr. Jean Whitney-Morse left the latter part of last week for Washington, where she paid a visit to her sister, Mrs. H. R. Salisbury, after which she left for Philadelphia, where she will take up post-graduate work in one of the hospitals. She will be gone for two months.

On Tuesday evening the Rev. Mr. Richards, for many years missionary to Portuguese East Africa, gave an interesting stereopticon lecture on his mission field and the country in general. The lecture was entitled, "Africa As It Is," and it gave his audience a very vivid idea of the vast country, its people and its resources.

An attractive little booklet has been published by O. S. Hoffman, entitled "A Patient's Parting Tribute to the Sanitarium." The tribute is done in verse and outlines the "course" through which the average patient is put, in a clever way. The booklets may be had for five cents and are sold at the newsstand.

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The April meeting of the Battle Creek Nurses' Alumnae Association was held Thursday night in East Hall parlor. An excellent program was given, including a paper on "Missionary Nursing in China," by Mrs. C. W. Hall of Nankin, China; an historical sketch by L. Osborn and a paper on "Milk" by Miss Lenna Cooper.

Dr. and Mrs. Kellogg entertained informally at their residence Saturday night in honor of Drs. Harris, Roth and Heynemann, who will sail on the 28th for Europe, there to pursue post-graduate work—the Drs. Harris at Edinburgh University, Drs. Roth in Paris, and Drs. Heynemann in Scotland and England to prepare for their work in Australia, to which they will go later in the fall.

Miss Eva Lacy, soprano soloist of Saginaw, Mich., will give a program at the Sanitarium, Tuesday evening, assisted by Mrs. Eades, pianist. Miss Lacy is said to be possessed of a beautiful voice and her program, including selections from Handel, Chaminade, Lehman, Loer, Ronald and others, offers a treat to her hearers. Mrs. Eades, her accompanist, will give several noteworthy selections on the piano.

On last Friday evening Dr. Royal J. Dye gave a stereopticon lecture on the Congo District before a large audience. He told many interesting facts about the mission field in which he has worked for several years and contrasted the conditions of the people under heathenism and Christianity. Immediately after the lecture he with his family left for Eureka, Ill., where his family will remain. He will return to Bolenge, Central Africa.

The Social hour on Wednesday afternoon was well attended. The program included a recount of incidents of travel, amusing and otherwise, by several of the guests. These informal gatherings have proved to be a great success and have afforded a pleasant means of promoting sociability among the guests. On next Wednesday the afternoon will be given over to the southern visitors. There will be several darkie lullabies, stories of southern life, a reading from Paul Lawrence Dunbar and other characteristic southern features.

ARRIVALS

THE list of arrivals for the week ending April 12 is as follows: Mrs. I. W. Gale, Vt.; C. R. Notman, Pa.; Dr. M. S. Dowling, Mich.; E. Trump, city; Amelia C. Meket, Ohio; Howard Monett, Ohio; W. A. Bohn, Ind.; Samuel M. and J. M. Kennedy, Mo.; E. T. Moore, Miss.; Mrs. J. M. Work, Miss Josephine Work, Ia.; Miss May Kinder, Illa.; J. M. Galbreath, Ia.; Mrs. Gonley, Mich.; Mrs. M. B. Lairy,

Ind.; George Barber, Mich.; Mrs. J. G. Kelland, Mich.; Mrs. Eleanor Blackmer, Mich.; John A. Boos, Nebr.; W. N. Keller, Mrs. W. N. Keller, E. S. Keller, Ohio; Philip Krug, Ohio; Ethel Jane Pryor, Mich.; Alice Gregory, N. Y.; Mary E. Canfield, Mich.; Mrs. P. H. Stettwagen, Mich.; Mrs. Aden Knoph, Ill.; F. F. Frantz and wife, Ia.; B. F. de Werf, Ill.; T. Trowbridge and wife, Mich.; Alvin Livergoost, Ind.; Alma Jones, Mo.; R. Williams, Colo.; J. R. Bray, N. Y.; Carrie G. Barr, Ohio; Irene B. Smith, Ohio; Mrs. A. E. Skeel, Ohio.; H. C. Sheter, O.; Mary E. Sayers, Penna.; George Hartter; G. A. Williams, Ky.; Mr. and Mrs. H. R. Danforth, Ill.; Mrs. G. H. Reyburn, Ills.; H. Haendle, Mich.; A. E. Lightcap, Winnipeg; Mrs. J. P. McCabe, Ohio; Lion M. McCabe, Ohio; W. H. Taylor, Ills.; Charles Bailey, Pa.; Miss Bailey, Pa.; F. W. Young and wife, Mich.; H. A. Bishop and wife, Ills.; F. W. Bishop, Ills.; F. W. Bishop, Ills.; C. Stillman, N. Y.; Mrs. George F. Anderson, Ind.; Jessie Hamer, Ind.; George C. Barnett, Okla.; R. J. Dye, M. D., W. Africa; Mrs. J. M. Cartwright, Ohio; L. L. Weston, Wash.; Mrs. A. A. Wagner, Ind.; Grace Keller and child, Ind.; Mrs. C. Riley, Ky.; Mrs. E. C. Brown, N. Y.; M. Wion, Ky.; A. A. White and wife, Minn.; Mrs. W. H. Thompson, Mo.; Mrs. J. B. Smith, Cal.; Mrs. F. A. Luyties, Mo.; Sarah Ward Conley, Tenn.; Mrs. Grossfold, Ill.; W. K. Kellogg, Frank Putnam, city; Herman Erb, Wis.; George Wilson and family, S. D.; W. G. Morped, Ohio; W. C. Dennison, Ohio; Miss Anne Dennison, Ohio; H. Baumgart, Ohio; L. D. Mosher, N. Y.; B. F. Swan, N. Y.; G. W. Curtis, Ill.; George C. McCann, Ill.; Thomas J. Dowling, Ohio; A. Wood and wife, Ohio; Mrs. H. L. Mangum, Texas; R. V. McGraw, Tenn.; Mrs. G. M. Bell, Mich.; Mrs. W. R. Crackel, Ind.; Mrs. J. G. Omsted, Ia.; Alice Omstead, Ia.; Dr. N. Y. Moore and wife, N. Y.; Dr. Emma T. Miller, Persia; A. E. Redman and wife, Ill.; T. J. Otis, Sr., Cal.; E. W. Allen; W. F. Riley, Ind.; Paul Blackman, Pa.; F. W. Bishop, Ill.; S. L. Ingram, Minn.; A. C. Bostwick and wife, N. Y.; Mrs. Alice A. Lockwood, N. Y.; W. C. Lockwood, N. Y.; L. H. Helsinger and wife, O.; E. J. Lewis Meyer, Ind.; Mrs. E. J. Fannin, Okla.; Joseph Trenchard, Ill.; Fletcher D. White, Ind.; Mr. and Mrs. A. Ray, Ill.; Ella H. Bradley, Ill.; W. L. Gilmore, Ind.; J. H. Kayler, Pa.; C. D. Warner, Mich.; Max Weinberg, O.; Anna Balding, Ill.; Mrs. Marie Martin, Mont.; Thomas Parks and wife, Mich.; Mrs. George Briggs, Mich.; S. P. Belden and wife, Ill.; Elsie Blackie; D. A. Cuttle and wife, Mont.; W. L. Sykes, N. Y.; Mrs. W. L. Sykes, Mrs. Grace and Ruth Sykes, N. Y.; Mrs. A. Gladstone, Mich.; M. A. Shoop, Mich.; C. W. Green, Wis.; Mrs. W. R. Bates, Mich.; Lowell Allyn, O.; M. Slover, Kan.

"If you want to make somebody very happy, let him do something for you."

"You always have such a good time wherever you go." "That's because I take it with me."

A few drops of oil of lavender put into a bowl of hot water will give a pleasant perfume to a room.

The Seventh Day Baptist Church of Battle Creek

Holds regular services every Sabbath (Saturday) in the chapel, second floor College Building, Washington Street, opposite Sanitarium, at 2:45 p. m.

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THE BATTLE CREEK IDEA

VOL. 11, No. 20

BATTLE CREEK, MICH., APRIL 23, 1909

PRICE, 2 CENTS

HOW TO RID ONE'S SELF OF RESULTS OF WRONG HABITS

Patients Are Urged by Dr. Kellogg to Follow Straight and Narrow Path to Dietetic Righteousness

HOW DISEASE IS CONTRACTED

"I AM frequently asked, 'Should one continue on Battle Creek foods after he recovers?' It is a pertinent question, and I am glad it is asked. By way of answer, suppose one has found himself cold, and he puts on some clothes to keep warm,—should he keep the clothes on after he gets warm? Suppose one has found himself drowning in the water, and he has been rescued,—should he keep out of the water after he has once been saved? Unfortunately the majority of people who come here come with the idea that they are going to do some works of supererogation for a time, and then return to their sins a little worse than ever. A woman said to me once, 'Doctor, I will eat sawdust for three weeks, anything you say, if I can only get my stomach fixed up so that I can eat square meals again.' It was square meals she was thinking about all the time.

"I think a good many people come to the Sanitarium here as people do to pay penance. They are willing to put up with anything, to be punished to any extent, if they can only get fixed up so that they can go back to the old ways. They are thinking of the roast goose and cranberry sauce, the pate de foie gras, likely enough deviled lobsters, and all sorts of wicked things—mince pies, etc. Now, my friends, you must burn your bridges behind you, and never think of returning to these heathenish ways. You have come here and been enlightened; you have learned a better way. That is what this institution is for,—it is to hold up a light in the darkness of depravity and degeneracy that is dragging the world down to extinction very fast. That is what this institution is for, what I am for—a voice crying in the wilderness, if you please, of disease and bad habits, and beseeching people to be saved from their own wrong-doing.

"It was wrong habits that made you sick; it was not an accident. You didn't get sick because Providence didn't like you and gave you a blow. With some possible exceptions, you didn't get sick enough to come here because of some misfortune or accident that befell you. Most of you are here simply because you have worked hard to make yourself sick, toiled at it day after day. Once Bob Ingersoll remarked

(Continued on page 5)

The Situation in Turkey

Mrs. J. P. McNaughton for Many Years a Resident There Tells Club of Existing Conditions

NO ONE CAN PREDICT END

MRS. J. P. McNAUGHTON, for the past twenty-three years a missionary in Turkey, whose husband is still in that country in the heart of the district now commanding world-wide interest and anxiety, spoke before the Monday evening Literary club on "The Present Situation in Turkey," telling the members many illuminating facts about the revolution and the causes which led up to the present outbreak.

While the situation is one in which all of the nations are vitally interested, our own country has a peculiar interest because of our great missionary system which has dotted the entire country. There are at present in Turkey fifty-two ordained ministers, twelve physicians, sixty-three married women and sixty-eight single women, all carrying on missionary endeavors, which are represented by five colleges in which are 1,200 students; three hundred day schools with 20,000 pupils, and five theological schools. At the present time in the ancient city of Tarsus there are 4,000 refugees being harbored by the American Mission. Undoubtedly the principles these thousands of students have imbibed during the past eighty years since the missionary movement was installed there, have gone a long way toward influencing the people to revolt against the cruelties, injustice and wickedness of the Sultan's government.

Mrs. McNaughton sketched the condition of the country before the granting of the constitution last July—the great poverty as the result of excessive taxation, the deplorable way in which the women were forced to work in the fields, because the youths of the country were drafted into the army at an early age and there obliged to serve their time at wages not exceeding \$1 per month—when they got them, which was seldom. "The common soldiers know that the officers receive bribes and are open to graft on all sides, and it made them intensely dissatisfied; then the corruption among the palace officials was almost unbelievable. The Sultan was surrounded by these officials, who are notoriously greedy, cruel and wicked, stooping to any meanness. Then the Sultan's treatment of his Armenian subjects has never been forgotten or forgiven—the massacres of twelve years ago have been repeated

(Continued on page 3)

THE SPINAL CORD AND SOME OF ITS DISEASES

Dr. W. H. Riley Tells Sanitarium Patients of This Part of the Body's Great Nervous System

INFLAMMATION OF THE CORD

(Continued from last week.)

"*Inflammation of the Spinal Cord:* This is one of the most common of the organic diseases of the spinal cord. Inflammation in any part of the body is always caused by some poisonous substance which comes in contact with the tissues and develops the pathological changes in the blood vessels and in the different tissues of an organ which constitute the inflammatory processes. The most common poisons that produce inflammation in the different organs of the body and also in the spinal cord are germs or bacteria and the poisons which they produce by their growth, multiplication and activity.

"Inflammation of the spinal cord has various names, depending upon the part of the cord that is inflamed, and also depending upon the particular cause which produces the inflammation. Myelitis is the name used to express an inflammation of the spinal cord. When the myelitis or inflammation of the cord affects a transverse section extending clear through the cord, it is called a transverse myelitis. When it affects the outer part of the cord only, it is called a peripheral myelitis. When it affects the part in the center around the central canal, it is called a central myelitis. When it affects several different spots in the spinal cord, it is called a disseminated myelitis. When it extends entirely transversely through the cord as well as for a considerable distance up and down, it is called a diffuse myelitis. When the inflammation affects a certain part only, the so-called anterior horn of the gray matter of the cord, it is spoken of as a poliomyelitis anterior. This is the part of the spinal cord that is diseased in infantile paralysis, and although the area that is affected in the cord is small, yet the result produced is often very serious and sometimes produces a well marked paralysis which may continue in some parts of the body all through life.

"At the present time we will consider one of the most common forms of myelitis, i. e., transverse myelitis where a whole transverse section of the spinal cord is the seat of inflammation. This is quite a common disease of the spinal cord.

"*Causes:* This disease occurs more often in men than in women, probably because men are

exposed to the exciting causes more than women. It also occurs more often at certain times of life. More cases are seen between the ages of twenty and forty years than at any other time of life. Cases, however, are seen earlier than this and later than this, but most of them come within the above mentioned period. Exposure to cold, severe muscular strain, concussions on the spine, heavy lifting, diseases of the spinal column such as fracture of the vertebrae and so-called Pott's disease of the spinal column, inflammation of the membranes which extend inward from the membranes to the cord, hemorrhages in the cord and the blocking up of the blood vessels by which the blood is cut off from a certain part of the cord, and tumors which appear upon the cord; all of these may be a predisposing or exciting cause of myelitis. However, the most important and frequent cause of this disease is some infectious germs which get into the circulation, are carried by the blood stream along the blood vessels of the spinal cord and there produce the inflammation of the cord. This infection is often caused from some acute specific infectious disease such as typhoid fever, pneumonia, scarlet fever, diphtheria, erysipelas, or it may be caused by septicemia or pyemia. Septicemia is the condition where germs or septic matter is present in the blood from any source whatever. Pyemia is a condition where pus is present in the blood. These two diseases, septicemia and pyemia, may cause a transverse myelitis. In some cases the inflammation occurs without any apparent cause, that is, it occurs independent of any other infectious diseases. This disease is also caused by other infections not mentioned above. It should be emphasized, however, in this connection, that these infectious and infectious diseases are the most common cause of this disease.

"Perhaps in order to make this clear it may be well to explain what we mean by infection. By infection is meant the introduction of germs or bacteria into the body, and their multiplication in the body. An infectious disease is one which is caused by germs entering the body, multiplying and producing poisons in the body which are the cause of that particular disease.

"**Pathology:** The pathology of any disease is the changes which are produced in the tissues of the diseased organs on account of the disease. Examination of the spinal cord in transverse myelitis in a recent case, that is, in a case where the disease is acute or has not progressed very long, the cord is swollen, the consistency of the cord is very much reduced so that it is pultaceous or in some cases may be even diffuent; that is, it will flow like syrup or molasses. The cord is swollen and enlarged at the seat of the disease. When examined by the naked eye the white matter that surrounds the outer part of the cord cannot be distinguished from the gray matter on the inner side. If this part of the cord is hardened in a proper hardening fluid and microscopical dissections are made and examined with the microscope, it can be seen that the blood vessels in the part are dilated, the walls of the blood vessels are thickened, the connective tissue or intercellular tissue of the cord is increased, the essential nerve elements, that is, the nerve cells and nerve fibers, may be seen in various degrees of degeneration. The body of the nerve cells are swollen, the granules are dissolved, producing so-called chromatolysis, and there is a fatty degeneration and granular degeneration seen in the body of the cell. The nucleus also is often displaced. The nerve fibers are also swollen, some of them are broken, split in two, the protoplasmic processes may have swollen buds upon them, or the finer twigs broken off, or in other cases the large protoplasmic processes and the axis cylinder processes

are entirely broken in two. As the disease advances some of these nerve elements are entirely destroyed, and openings may be seen in the white and gray matter where the nerve cells and the nerve fibers have entirely dropped out. As the disease advances and the acute stage is passed, there is an absorption of these broken-down nerve elements, intercellular tissue is very much increased, the cord is very much smaller, the transverse diameter is shrunken, and in a bad case many of the nerve elements are wanting and the cord at the level of the inflammation may be simply a fibrous band of tissue with most of the nerve elements absent. These inflammatory processes may affect only a small, vertical section of the cord, or they may affect the cord for a considerable length and extend through several sections of the cord, but of course the more of the cord that is affected the more serious is the disease. The inflammation may also extend from the cord to the membranes and produce a meningitis, or it may begin in the membranes and extend inward, producing myelitis.

"After the acute inflammatory processes have subsided in the cord there are tracts in the spinal cord which undergo secondary degenerations. Some of these are below the lesion, producing so-called descending degeneration, others above, producing ascending degeneration. On account of these ascending and descending degenerations which follow along certain tracts in the cord, the spinal cord may be affected for a considerable distance up and down beyond the seat of the original inflammatory process, the spinal nerve roots that leave the cord at the level of the inflammatory processes undergoing degeneration. This degeneration extends out into the nerve trunks and some of the nerve fibers can be found degenerated out in the nerve trunks. The muscles and bones that are related physiologically to the inflammatory processes in the cord will waste and atrophy and the entire muscles may disappear ultimately on account of the atrophy occurring in them.

"**Symptoms:** The symptoms of this disease will vary with the location of the disease in the spinal cord; that is, whether it is located low down, high up or in some other part of the cord. The symptoms will also depend upon the severity and character of the inflammatory process and also upon the cause which started it. When the disease starts as a hemorrhage, as it often does, the symptoms appear suddenly and without fever, and there is usually considerable pain extending round the trunk and down the limbs. When it comes as a result of some fever like typhoid, the symptoms of myelitis are grafted on to the symptoms that are present as the result of the typhoid or other fever that may be primary.

"In many cases that develop without any apparent cause there are usually for a few days a general feeling of indisposition and malaise, a disturbance of digestion, insomnia; very soon there are numbness and other peculiar sensations appearing in the legs, and this is soon followed by weakness in the legs and in the lower part of the trunk. These symptoms gradually increase in severity and in a few days or a few weeks the disease reaches its height.

"During this time, that is, during the development of the disease, there may be also other symptoms referable to the bowels and bladder as forming part of the initial symptoms. In order to describe all these more fully, they may be considered separately:

"(1) **The Sensory Symptoms.** The sensory symptoms consist of abnormal sensations, so-called paresthesias, such as numbness, creeping, crawling, prickling sensations in the legs and perhaps in the trunk up to the level of the lesion. There is also an area of hyperaesthesia

at the level of the lesion in the spinal cord. In this hyperaesthetic area there is usually a band or drawing sensation about the trunk and the skin in this area is hypersensitive to touch and other forms of sensory impressions.

"Pain is another sensory symptom. This is usually located in the back and may be sharp and severe in character, as in the case of hemorrhage in the cord, or it may be dull and aching in character. It is usually located in the back and extends round the trunk. It may also extend down the legs; more often it is dull aching in character and is more severe during the first few days or few weeks of the disease than it is later.

"Anesthesia, or a loss of sensation, is another permanent sensory symptom. Usually all of the cutaneous sensations are diminished; that is, the patient cannot feel touch, pain or temperature impressions as well as normally. These may all be entirely lost so that the skin may be pinched, pricked or even cut with a knife without producing any pain. In a case of this kind the sensations are completely lost. Still other cases are seen where the sensations are only slightly diminished and where the patient can feel touch, pain and temperature readily, but they are somewhat diminished. Between the two extremes of a slight loss of sensation and a complete loss, one sees all shades and variations of the diminution of sensation. Sometimes even in the anesthetic area the patient has numbness, creeping and peculiar crawling sensations which are produced by an irritation in the sensory pathways in the spinal cord. This diminution or loss of sensation may affect the mucous membrane of the rectum and the bladder so that in some cases the patient cannot tell when the bowels should move or when the bladder should be emptied. The disturbances of cutaneous sensation are among the first to improve in favorable cases.

"(2) **Motor Symptoms:** The motor disturbance is one of diminished motility and this is of the paraplegic form; that is, the weakness or paralysis that is present is confined to the legs and part of the trunk up to the level of the lesion in the spinal cord. This usually appears a little later than the disturbance of sensation and develops suddenly or gradually, depending upon the cause which produces the inflammatory disease of the spinal cord. The paralysis may be complete in the affected parts so that the patient cannot move his toes, his ankles, his knees or his hip joints, or the paralysis may amount to only a slight weakness so that the patient can move all these joints but the movements are diminished and weak. Here again between the two extremes, one of complete paralysis, the other only of a slight weakness, we may have all shades and variations in degree of loss of motor power. The muscles that are affected at first are relaxed and soft and flabby; that is, the paralysis is a flaccid paralysis. This is true of all the muscles at first, but in favorable cases where improvement occurs the flaccidity changes to normal tone and finally the muscles become tense and spastic in the parts paralyzed below the level of the lesion in the cord. Those muscles that are related physiologically to the level of the cord that are affected are flaccid or relaxed and remain so throughout the disease.

"**Reflexes:** The physician in examining his patient should test carefully the so-called reflexes. The reflexes at the level of the lesion and that are related to the segments of the cord that are the seat of the disease are lost and remain lost. Those below the level of the disease in the cord are lost at first and in a few days—ten days to two weeks—they usually reappear and become increased and finally are very much exaggerated so that the slightest stimulus may cause a decided increase in the

reflexes. This is what happens in bad cases. The extent of the spasticity and the degree of exaggeration of the reflexes indicate the severity of the lesion in the spinal cord."

(To be continued.)

THE SITUATION IN TURKEY

(Continued from page 1)

from time to time since and have aroused the Armenians and made revolutionists of them. They have made many attempts to overthrow the government. Three years ago in Smyrna they attempted to blow up the post-office and the consulates in the hope that they would attract the attention of the powers and rid themselves of their troubles. For some time they trusted to the help of England, believing she was their friend and would do something for them, but they were grievously disappointed.

"The Armenians and the Greeks are nominally Christians. Now as to the conditions of the Turks themselves. The Sultan treated his own people as badly as he did the Armenians. It was his policy to surround himself with spies

cities preparing the way, although the people at large were ignorant of the imminence of any change. Even so short a time before the revolution as last April, the movement was practically unknown. Of course all the world knows what happened in July—the great bloodless revolution, the demand of the Young Turks' party for a constitution and the granting of it by the Sultan.

"Throughout there have been two progressive parties—the Young Turks, or the Union and Progress party, and the Liberals, both favoring the constitution. The Young Turks were masters of the situation in July. The enthusiasm of the people, both Mohammedan and Christian, was indescribable. They put aside party, race and creed and rejoiced together. The political prisoners became the heroes of the hour. They all united under the common flag of 'Fraternity, Justice, Liberty and Equality.' At once the newspapers began to spring up and the people of the interior caught the spirit as their eyes fell upon words that they never before had seen in print, and the result was a wave of enthusiasm swept the country the like of which had never been known

tional system. Her name is Halideh Salih and she is eminently fitted for the post. Her father was the former minister of education. She has appeared before many of the women's clubs which have sprung up, has written for the newspapers, and in the English paper *The Nation* has made an appeal for help from their Anglican sisters.

"The first prime minister to be appointed was Kaimil Pasha. His term was brief. Appointed in November he was deposed in February. This aroused a suspicion among the Liberals that the Young Turks' party intended to establish military dictatorship and they feared that the Christians, who had never been enrolled in the army but had supported it by a per capita tax, would be allowed to stand side by side with the Mohammedans—a situation intolerable to the Turk.

"The movement to set aside the Young Turks' party began in the army. The Liberals appealed to the religious fanatics and brought about a revolt. The Young Turks' party and others of us who are watching from outside feel that the movement looks suspiciously as though the Liberals had been won over by the Sultan and the movement was one to reinstate him. We are watching with bated breath the occurrences of each day. Just now we know that the Young Turks who had gone up into their stronghold—Macedonia—are moving down toward the city of Constantinople where the Liberals are now in power. They demand that the constitution be re-established and that the leaders of the revolt be punished. The Liberals have sent out their deputies to meet the advancing army, and no one can predict what the end will be."

When asked why it had been possible for the Sultan to continue to live when surrounded by so many who hated him, she said it was because of their religious faith. It had been a very wise move, she said, on the part of the Young Turks to make no attempt last year to even depose him, for that would have aroused the fanatical Mohammedans, who regard him as their religious head—the descendant of Mahomet—and the result would have been a bloody war.

Mrs. McNaughton said that the task before the people of Turkey was almost superhuman, with the mixture of races and tongues, the surrounding troubles in Bulgaria, Servia, Austria, etc., and the internal revolts of Armenians, coupled with the established customs of bribery and dishonesty and lack of honor among the officials.



TYPES OF TURKISH WOMEN

who reported everything that was said or done, for he knew of the existence and the hope of the Young Turk party. The consequences were that many of the best and noblest of the young men of the country were either killed or banished to interior cities. This, however, did not work harm to the cause, for no sooner were they established in some remote center than they gathered a group of adherents about them and strengthened the party.

"All these years there had been such a strict censorship of the press that it was impossible to spread the movement in that way. The words liberty, equality, etc., were never allowed to be printed. If a foreign monarch was assassinated the Turkish press would announce that he had 'died quietly.' Our missionary papers were invariably mutilated and often our letters were confiscated.

"The people in general are, of course, fatalistic in their belief, and for years had accepted conditions, believing they were the will of God. But all the while the Young Turk party was growing quietly. Her banished men were at Paris, Geneva, and other European

before. It was a solemn occasion, the swearing of fealty to the constitution—all races were obliged to do this. The Sultan in the presence of one hundred thousand of his subjects took the oath, as did all the ministers, swearing on the sacred Koran. The prisoners, before their release, were obliged to swear to uphold the constitution. Throughout it all the constitutional leaders maintained an admirable attitude, claiming no bravery or credit to themselves, but swearing it was the work of God.

"The leader of the Union and Progress party had been in banishment in Paris for twenty years. It is known that the Sultan offered him a million pounds if he would reveal the secrets of his party, but he refused. His name was Ahmed Riza and he became the leader of parliament.

"One of the first reforms that was promised was general education and especially education of women, and one of the young women who had been graduated from the Missionary college under the American Board at Constantinople, has the honor of being appointed by the government to the task of outlining the educa-

TEN THINGS

For which no one has ever yet been sorry. These are:

1. For doing good to all.
2. For being patient toward everybody.
3. For hearing before judging.
4. For thinking before speaking.
5. For holding an angry tongue.
6. For being kind to the distressed.
7. For asking pardon for all wrongs.
8. For speaking evil of none.
9. For stopping the ears to a tale-bearer.
10. For disbelieving most of the ill reports.—

Ex.

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Six Months	- - -	.50
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VOL. II APRIL 23, 1909 No. 20

STRAUS DEMANDS PURE MILK FOR NEW YORK

NATHAN STRAUS—who has done more than any other one individual to safeguard the health of the children of New York and who is even now supplying pasteurized milk to some 2,500 babies daily—at a public hearing of the Aldermanic committee in New York this week demanded an ordinance requiring the pasteurization of all milk coming from cattle to which the tuberculin test has not been applied. The demand met with pronounced opposition on the part of some of the members and some representatives of prominent dairy concerns, and Mr. Straus became so nettled, it is said, by their attitude that he declared there were paid advocates there to oppose him, but that he was prepared to fight every man.

One of the spectators, in defense of their position against the enforced pasteurization, said that he understood that Dr. Koch held that tuberculosis germs cannot be transmitted from cows to human beings. This was promptly met with the response that Dr. Koch was alone in his position and the theory had been discredited by the medical world.

Mr. Straus, after eighteen years' experience, knows whereof he speaks, and his statement of the conditions that maintain in New York is one which may well be investigated by dwellers in cities of lesser size.

"When I appeared before you two years ago there was no dispute as to the success of my work in saving the lives of babies, but the idea of applying my proved methods to the milk supply of a great city was considered novel. Now we have the example of Chicago, which has begun the enforcement of a law such as you are now considering. Moreover, in the last year, I have pasteurized the milk supply of Sandhausen, in Germany, with the result that the death rate among the children has been cut to less than half the average death rate for the preceding five years.

"The city is paying millions to support hospitals. It is time for the city to do something to keep people out of hospitals by seeing to it that the 2,000,000 quarts of milk coming into this city daily from 40,000 dairy farms does not contain the living organisms that produce tuberculosis, typhoid and scarlet fevers, diphtheria, and summer complaint.

"Pasteurize the milk, which is the main cause of these diseases, and you will not only cut the death rate in half, you will not only save thousands of families from unnecessary sickness and grief, but you will save money for the city by reducing the drain upon its purse for hospital maintenance. Pasteurization of all non-certified milk will be a sound financial investment.

"The supplying of pure water is a municipal function. I do not suggest that the city should go into the milk business, but I do believe that the city should see to it that the milk supply is safe. If you pass this ordinance

the big dealers will erect their own plants and pasteurize their own milk. Then the city can have stations conveniently located to receive the milk of such dealers as do not have their own pasteurization plants, and the milk can be turned back to these dealers in an hour or two properly pasteurized, bottled and iced. If the work is done under the supervision of the Board of Health it will be easy to compel such pasteurization as will make the milk absolutely safe and not have the city flooded with commercially pasteurized milk, which is no pasteurization at all. Until we have properly pasteurized milk the only safe measure for the mother and housewife is to boil the milk."

A GREAT SINGER SILENCED

CARUSO, the great Italian tenor, whose wonderful voice has thrilled tens of thousands, not only from the concert stage but from hundreds of talking machines all over the country, has lost his singing voice, canceled his engagements and gone back to Italy, with the hope that change, treatment and perhaps a surgical operation may restore his vocal powers.

The first report announced that the great vocalist was suffering from overwork, but this seems to be an error. The truth seems to be that Caruso is suffering from overwork of his stomach and liver. He has been ill in the same way once before and was warned by his physician that he must stop the use of cigarettes and his indulgence in rich foods such as lobster, etc., which are recognized as the cause of the rheumatic affection which was the immediate cause of the diseased state of his vocal cords. The great singer reformed his habits and recovered, but after a few months relapsed to his old ways, smoking twenty or thirty cigarettes a day—sometimes fifty—and eating his favorite lobster, when he felt inclined. The natural result was a return of the rheumatism and of the growths in his larynx and the loss of his voice, perhaps forever.

Thousands will exclaim, "What a pity! How foolish! How could a man make so great a sacrifice to gratify mere animal appetites? What a shame that the world should be deprived of the greatest male vocalist by cigarettes and lobster!"

Not a word can be said in justification of such folly; but let each critic consider if he is not guilty of precisely the same fault. How many who read this number of the Battle Creek IDEA are living up to their best knowledge of the laws of health? There are other vicious and health-destroying habits besides cigarettes and lobster eating; and all these evil practices are piling up against the transgressor mountains of retribution for the day of wrath which is certain to come.

Caruso's voice has failed, not because he sang so well or so much. Singing is a most healthful and beneficial exercise; but because of his abuse of those most vital organs: heart, stomach and liver. It is rare indeed that useful work of any sort results in a physical breakdown. Unnatural and body-destroying abuses are the real cause of the vast number of failures which are attributed to overwork. An eminent French physician said: "Man does not die, he kills himself." Multitudes of deaths might well be designated as long drawn out suicides.

It may be thou dost not love thy neighbor; it may be thou thinkest only how to get from him, how to gain by him. How lonely, then, must thou be! how shut up in thy poverty-stricken room, with the bare walls of thy selfishness and the hard couch of thy unsatisfaction!—George MacDonald.

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BATTLE CREEK, MICHIGAN
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RESULTS OF WRONG HABITS

(Continued from page 1)

that if he had been present when the world was made, he would have suggested to the Almighty that health instead of disease be made contagious. He had the idea that health was very hard to get and disease was very easy to get. The very opposite is true. Health is contagious, and disease is contagious, too, but it is hard to catch. If you want to get small-pox, you must hunt up a man that has it, and rub yourself up against him to get it. If you want to get typhoid fever, you must hunt up some water that has typhoid fever germs in it, and drink that water. If you take the water that comes from the skies, or from a sparkling spring, you cannot get typhoid fever.

"If a man wants to get a genuine, monumental dyspepsia, he must work three times a day for it at the breakfast, dinner, and supper tables; he must work years and years before his stomach collapses. Then he hunts up a sanitarium and says, 'I want to live on sawdust for three weeks, and then go back to do the whole thing over again.' No, my friends, I hope you will get converted while you are here, get real penitent for your sins, get on the anxious seat. You were when you came. The trouble is that people get well so fast—they get off the anxious seat so quickly that convictions do not have time to take root.

"Chronic disease is not like measles, whooping cough and chicken-pox and other troubles that you get over easily. Sudden disease, acute disease is like a circle, like a race course. You start here, and by and by you get back to the starting place. But that is not true of dyspepsia, neurasthenia or Bright's disease, apoplexy and maladies of that sort. The chronic disease is a straight line down hill. The man with a chronic disease is traveling straight on all the time, and is never coming back. It is going on and on, and down and down, until it finally gets to the jumping-off place.

"Chronic disease, to use another figure, is like a house on fire. An acute malady, like chicken-pox, mumps or measles, is a fire in the house, an acute disease of some sort that burns out and is gone. There is little damage left,—a few charred surfaces, a little smoke around; but it is nothing serious, and it soon disappears. But a chronic disease is a very different matter. It is like a fire that breaks out down in the basement from an overheated furnace pipe, gets between the floors and climbs up between the partitions, works its way up through the house, but without your knowing that anything is wrong. It is burning in the wall, in the partition, under the floor, all out of sight.

"I met a man today who had just such a fire burning. He doesn't know it, but I found the proof of it,—high blood-pressure, 150. That means that Bright's disease is coming. Auto-intoxication has been going on there for years and years—indican in the urine was the proof of it. For that is the poison that makes mischief, and it is produced in the intestine; the chemical examination shows it. Indol in the intestine, indican in the urine, poison all through the blood, irritating the blood-vessels, contaminating every tissue, setting up disease processes, the vessels shrinking and shriveling, drying up, and hardening. He hasn't Bright's disease yet—we have discovered it just in time. What has made that condition? Beefsteak dinners, hearty eating, inattention to the development of good, strong, vigorous health, lack of outdoor exercise perhaps,—a great many things,—tea, coffee, beefsteak—tend to aggravate and to induce these conditions. Now, then, that man stays here a week or two, and

feels better. The poisons are being eliminated. The diet and treatment have stopped the formation of poisons and eliminated the poison. Suppose he goes back to his old ways again,—the whole process will simply begin over again. Every time the fire breaks out again, every time the disease comes up with new force and fury, it means another attack upon the citadel of life and greater and greater damage.

"So in this matter of health-getting, to go back to your old habits, renounce the improved methods of living you have adopted, means simply to slide down to the old slough where you were. Over in Scotland there is Mount Ben Nevis, where nobody ever has a cold, or if a person has a cold and goes up there, he gets over it. When a person goes down into the lowlands, he is very likely to get a cold; but on the top of Mount Ben Nevis the air is pure, there are no germs, nothing to produce a cold. It is too high up for disease. That is what we try to do for you here—to lift you up to the mountain-tops where you will no longer be subject to all these destructive processes, where disease can not seize upon you; where, as the Christian Scientist sings—

"Think health, and health will find you
As certain as the day.
Disease will lag behind you
And leave you on the way."

That is what we want to do. You can not do it altogether by thinking, unfortunately,—there must be some doing. It is fine to think health and sing against disease, and set up mental and moral barriers against it; but the physical must be considered as well. Disease is really a tangible thing.

"When you go home, therefore, so far as the Sanitarium diet is concerned, you must stick right to it. That does not mean you must live on Battle Creek foods. You can find anywhere on the civilized portion of the earth enough wholesome food to meet all the actual demands of the body. I have tested that in Europe, Asia and Africa, as well as in America, and I have never found any place where I could not get the foods that were really needful for health. Sometimes I have lived on a very spare diet. When traveling in some parts of Mexico, in the mountains, I found nothing I could eat that I considered wholesome but tortillas, frijoles, bananas and nuts,—but what more could you want? The bananas offered all the fruit one could want. The nuts furnished the fat. The beans gave the protein, and the tortillas, or little corn cakes, the bread. So we had bread, which is the staff of life, and bananas for sauce and pie, and coconuts for butter,—everything necessary. And I got along first-rate. I have traveled in Africa, in Egypt and in Syria, and I have found myself able to live entirely on the products of the country. In Egypt, for instance, you can get figs and dates and fruits, and the plain water bread they make in that country, and nuts—plenty of them, so that one really has no necessity whatever for degenerating, or going back to the miserable fleshpots of Egypt.

"After you have been here once, been through one course here, you don't want to go through it again. I am meeting every now and then people who come in to shake my hand, and I say, 'Well, you are back again!' 'Yes, Doctor, but not needing treatment. I was here ten years ago, and I have been living right and eating right ever since that time.' I had a letter from a gentleman today, and he said, 'Doctor, I am under great obligations to you. My wife and myself have been in good health for the last twenty years because of what we learned at the Battle Creek Sanitarium. We have just followed it up right along.' I myself stick to these principles I recommend to you because they have saved

my life and given me all the health and all the efficiency I have.

"This Battle Creek idea is not based upon whims or fancies or mere beliefs or theories; it has been wrought out by centuries of experience. It is not the adoption of something new, or of something unique, or untried, but a returning to old truths. I like to read the text in the 59th chapter of Isaiah which speaks of the 'restorer of paths to dwell in,'—not to stand in a little while and then disappear, but to dwell in, to live in. That is exactly what the Battle Creek Sanitarium is trying to do,—to show people the right way of life. And when you have once found it, why do you wish to get out of it? Anybody that has lived here for six weeks and has not acquired a distaste and a loathing for flesh, for the flesh of dead animals,—I can hardly understand what his mental composition is. For here is a bill of fare which gives you food a great deal better. Many times people say to me, 'If I could live on this diet, I should never want to live on the other food any more.' Sometimes there is a reminiscence in your mind of the old things that you had that were so tasty and good, but when you go back to try it, I am certain you will wonder how you ever endured such foods or stomached them."

BETWEEN THE DAYS

BETWEEN the days, the weary days,
He drops the darkness and the dew;
Over tired eyes His hands He lays,
And strength and hope, and life renews.
Thank God for rest between the days!

Else who could bear the battle stress
Or who withstand the tempest's shock,
Who tread the dreary wilderness
Among the pitfalls and the rocks,
Came not the night with folded flocks?

The white light scorches and the plain
Stretches before us, parched with the heat;
But, by and by, the fierce beams wane;
And lo! the nightfall, cool and sweet,
With dews to bathe our aching feet!

For He remembereth our frame!
Even for this I render praise,
O, tender Master, slow to blame
The falterer on life's stormy ways,
Abide with us—between the days!
—The British Weekly.

"Love may stoop from a heaven to a hell,
but it never condescends."

Special rates to North Pacific Coast points and return are on sale via the Grand Trunk Railway System from May 19th to Sept. 30th. Liberal stop-overs allowed in both directions. Please ask regarding them. L. J. BUSH,
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77

FAREWELL SERMON BY PASTOR BRUNSON

Rev. Brunson Speaks on Elijah Sunday
Night before Leaving for
the South

THE Rev. John A. Brunson, pastor of the Sanitarium for the past eight months, preached his farewell sermon Sunday evening in the parlor. He expects to leave this week for South Carolina to spend several months recuperating from the injury to his hip which he received some several weeks ago. He will be greatly missed by Sanitarium audiences, but it is hoped that he will be well enough to return in the fall to resume his work.

He based his talk Sunday night upon Elijah's experience under the juniper tree and laid emphasis on the fact that God was a God of common sense and that Christianity was a "common-sense devotion to the cause of humanity in the name of Jesus Christ."

He read the account of Elijah's experience on Mount Carmel and of his fleeing down to Beersheba and into the wilderness, as found in Kings, the eighteenth chapter, and asserted that there Elijah deported himself in a typical

Christian manner. That while he was one of the boldest and strongest characters in the Bible, that he was not without his weakness, and that his discouragement was simply the result of physical exhaustion.

"In our study of these characters in the Bible, we are sometimes inclined to cloak them with attributes almost divine and to believe that they enjoyed advantages which we do not. This is a misconception," asserted the speaker. "They were men, made of clay, some of them of very common clay, and they were filled with weakness and error, swayed by passion and prejudice, had their times of doubt or of faith, just like you and I. They exhibited at times a great strength, but that strength was from another source than their own selves. The same source of comfort and help and the same degree of development of faith is open to you. God is just the same in the twentieth century that he was in the days of Abraham; neither has human nature changed. The principle of communion has been demonstrated. Man can be brought into living communion with God and can draw both wisdom and strength from him.

"Now, Elijah was discouraged. He wanted to die. We must remember that he had been under great physical and mental strain and the inevitable reaction followed. He was undergoing a siege of the 'preacher's blue Monday.' It was not a lack of faith or lack of zeal. He was simply overworked and needed rest; his trouble was physical, not spiritual, and God recognizing this, gave him physical relief. He put him to sleep, fed him, and put him to

sleep again; then his old hope returned and God began talking to him there under the juniper tree. If God had rebuked Elijah when he was in that condition it would have been cruel. Being a common-sense God he gave him the remedy that he needed and then talked to him. A tired man cannot grasp great truths.

"This story of Elijah points the lesson that there are times to pray and times to sleep, and that it is just as unwise to pray when you should be sleeping as it is to sleep when you should be praying. God has given you a body as well as a spirit and their relationship is very intimate. The laws of the body are just as certain as the laws of the soul. It should not be hard to realize that it is as bad to break the laws of health as it is to break one of the commandments. We work beyond our strength and God's rebuke comes in the way of a collapse. Then we think that it is strange. Our business as Christians is not to be religious but to serve humanity in the name of Jesus Christ."

THE QUIET HOUR

'Tis good amid the cares of life,
To find a quiet hour,
A secret place within the soul,
Where restful thoughts have power.

There build a nest of lovely thoughts,
Like fairy palace bright,
Where we may rest in darkest hour,
That comes in sorrow's night.

Bright fancies, memories hallowed dear,
With gold of friendship fraught,
Rich, faithful sayings—treasure-house
Of precious, restful thought.

Care cannot mar—nor pain make dark;
No need can take away,
The lovely nest of pleasant thoughts
Wherein the soul may stay.

—Phebe A. Holder.

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BATTLE CREEK, MICHIGAN

TF-C

THE REV. JOHN S. DILL ON THE ATTRACTIVE POWER OF SUFFERING

THE Rev. John S. Dill, a guest at the Sanitarium, from the south, where he is well known in Baptist circles, preached at the Sabbath morning chapel service this week before a large audience. The speaker took his text from John 12:32, "And I, if I be lifted up from the earth, will draw all men unto me."

"The context," said he, "is the incident of the message of the Greeks to Christ at the Passover. These Greeks saw a plot forming against the life of the great Teacher. Their purpose was to offer him a refuge in their country that he might escape the violent death that threatened. The answer of Jesus is, 'For this cause, that I might be lifted on the cross came I unto this hour. If I accept the invitation of these Greeks and go with them I may become the teacher of the Greeks, but if I am faithful to my mission and suffer on the cross, I will draw all men unto me.'

"What are the elements in the cross that attract?"

"I. Suffering. There is a magnetism in suffering that binds together as no other power. The men who have drawn the world to them have been the men who have suffered for the world. If Christ had been born in the palace of the Caesars, had driven in chariots attended by fawning courtiers, and thus ascended to heaven without tasting death, he would not have touched the world with his finger tip, God though he was. But when he walked, footsore and weary, when he tasted of all human sorrow, when he passed through Gethsemane and the judgment hall, when he was nailed on the tree for our sakes, he touched a cord in the human heart that vibrates through the ages.

"It is this principle of the attractive power of suffering in human life rather than the anathemas of the law that attracts and saves the sinner.

"II. The other element of attraction in the cross we find in our context is, GLORY. In his reply to the Greeks, Christ weaves together the words, *suffering and glory*. He looked through suffering to glory. He saw Gethsemane and its bloody sweat. He saw the judgment hall and its cruel lashings. He saw Golgotha, ban and desert by the city wall, and all its agonies were numbered. But through it all shone from the right hand of his Father a glory brighter than the sun. The pathway to glory is through suffering that saves." This principle was fully illustrated by the preacher, and the sermon closed with an appeal to each one to yield his life to the sweet and strong attractions of the cross of Christ.

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SUCCESSFUL CONCERT

MISS EVA M. LACY, a soprano soloist of unusual ability, gave a charming program of songs Tuesday evening before Sanitarium guests, assisted by Mrs. Myrtle Harrington Eades, pianist. The following was the program:

My Ships Lohr
The Dove Ronald
'Tis June Ronald
Shepherd! Thy Demeanour Vary..... Brown

MISS LACY

Serenade Rubenstein
MRS. EADES

Gipsy Lullaby Heckscher
Yesterday Ran Roses Rogers
For Good Luck Lehmann
To the Moon Chaminade

MISS LACY

Valse Lento Schutt
Aveu Schutt
Arabesque Schutt

MRS. EADES

O Sleep! Why Dost Thou Leave Me..Handel (1743)
The Snake CharmersLehmann

MISS LACY

Souvenir de KieffSchulhoff
MRS. EADES

The Life of the RoseLehmann
UnfoldingLovers in the Lane
June RaptureSummer Storm
The BeeRoseleaves

Rosa Resurget
MISS LACY

Now and then some devout soul is distressed over the fact that the heroes of the Bible behaved at times quite as foolishly and as unrighteously as though they belonged to this unheroic age. My brother, the Bible is given to us as a record of God's dealings with human beings, and not with angels. Were this not true, it would be of little profit to us to read it. The Word of God presents but one perfect character, and even that One was not a seraphic being whose feet spurned the earth, but the Son of Man, who was tempted in all points like as we are.—*The Standard*.

PERSONALS

Mrs. Cora Connell of Chicago is a guest here.

Mr. W. C. Sipple of St. Louis, Mo., is a visitor here.

Mr. and Mrs. H. O. Carroll of Taylorsville, Ill., are newly arrived patients at the institution.

Mr. and Mrs. C. L. Goodwin of Indianapolis are guests here.

W. L. Gilmore of Elkhart, Ind., is taking treatments here.

Mr. and Mrs. W. L. Sykes of Buffalo, N. Y., are patients here.

Mr. J. E. Murbach of Chicago is recuperating at the Sanitarium.

Mr. J. W. Packard of Toledo, O., is a patient at the Sanitarium.

Mrs. C. Anderson of Vermillion, S. Dak., is visiting her son here.

Mr. C. M. Glover of Newton, Kan., is a visitor at the institution.

Mr. W. H. Hines of Chicago paid a visit to Mrs. Hines this week.

Mrs. H. C. Smith of Napersville, Ill., is a recently arrived patient.

Mr. Abraham Cooper of Bronx, N. Y., is a patient here this month.

Mr. C. L. Goodwin of Indianapolis is resting and taking treatment here.

Dr. James A. Harper of Shelburne, Ind., has returned for further treatment.

Mr. C. J. Samstag of Hot Springs, Ark., is a recent southern visitor to arrive.

Mr. and Mrs. W. F. Hawthorne of Castana, Ia., are resting at the Sanitarium.

Mrs. W. S. Johnson of Chicago arrived this week and will remain as a patient.

Mrs. Elizabeth Plant and daughter Annetta of Chicago are recently arrived patients.

Dr. W. H. Marshall of Brookline, Mass., has been a guest at the institution the past week.

Mr. E. V. Murtaugh of Algona, Iowa, has been paying a visit to his wife here this past week.

Dr. James R. Hill of Highland Park, Ill., is resting at the institution and taking treatments.

Mrs. E. D. Christian of Shaw, Miss., is visiting her husband, who is a patient at the institution.

Miss Mae Evans of Albany, Ind., is one of the recent patients to arrive from our neighboring state.

Mr. H. S. McNeil of Preston, Manitoba, is a recently arrived patient from the northwest.

Dr. Nettie M. Stevens of Madison, Wis., paid a visit to the institution this week investigating our methods.

Mrs. J. N. Chilton and two sons of Comanche, Tex., accompanied by Dr. P. H. Chilton, arrived this week.

Atty. George Goodrich of Upper Sandusky, O., is taking rest at the Sanitarium, having arrived this week.

Mrs. S. M. De Bell and mother, Mrs. E. N. Cheney of Falcone, Ill., are guests here, having arrived this week.

Mrs. H. B. Brown of Valparaiso, Ind., paid a short visit to her daughter here this week, returning on Monday.

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4-45P

Mr. Franklin Harriman of Milwaukee is visiting his daughter, Miss Lucia B. Harriman, at the institution this week.

Mr. S. P. Belden of Watseka, Ill., who paid a visit here some few years ago, has returned for rest and treatments.

Mr. H. B. Willard of Mankato, Minn., accompanied his mother to the Sanitarium this week. They will remain as patients.

Mrs. E. J. Dunn and daughter Undine of Springfield, Ill., have returned to the Sanitarium for rest and treatment.

Mrs. F. B. Tomb and daughter, Miss Nan Tomb, of Wilkesburg, Pa., who have been here resting for the past fortnight, have returned home.

Mr. W. H. Taylor left for New York early in the week, on a business conference in that city. He expects to return later and be joined by Mrs. Taylor.

Four missionaries from China have arrived this past week to rest and receive treatments before returning to their posts of duty. They are: Misses Alice and Sarah Peters of Nankin; Rev. G. S. and Mrs. Brown, Foo Chow, and Rev. and Mrs. J. R. Goddard of Ningpo.

News Notes

Miss Ella Robinson returned this week from a two months' vacation trip spent in her former home in Canada.

The dates for the baccalaureate sermon and the graduating exercises have been announced as May 29 and June 2, respectively.

A birthday surprise party was tendered Mrs. Elmer Eggleston on Tuesday evening by old friends and neighbors, who greatly enjoyed the informal event.

Dr. and Mrs. W. F. Martin will probably return from Guanica Centrale Porto Rico, sometime next month, after a pleasant winter spent on that island.

The Drs. Heynemann left on Monday for New York where they will join the Drs. Harris and Roth, sailing on the White Star line for England the 28th.

Mrs. M. W. Wentworth and children, accompanied by Mrs. S. Wentworth, returned recently from De Land, Fla., where they have spent a delightful winter.

The funeral of Mrs. Thomas J. Butler, mother of Mrs. Read, was held Tuesday at the residence of Dr. Read, Urbandale. Elder Jones officiated at the service.

News from Dr. and Mrs. Byington arrived from Berlin this week. They are having an enjoyable trip and the doctor is enjoying the splendid privileges of the foreign clinics. They expect to return by June 15.

Misses Bessie Lamb and Lulu O'Neill, of the Nurses' department, left Tuesday for Chicago to take up a six weeks' course of work at the Dispensary. Miss Francis and Miss Sturdevant will return the latter part of the week.

ARRIVALS

THE list of arrivals for the week ending April 18 is as follows: Anton Anhain, Mich.; Grov. S. Brown, Emma C. Brown, Foo Chow, China; Mrs. S. M. De Bell, N. Y.; Mrs. E. M. Cheney; C. S. Knight, Ill.; W. A. Bucry, Mich.; F. W. Bishop, Ill.; A. C. Schultz, O.; H. B. Willard, Miss.; Mrs. A. M. Willard, Miss.; Leo F. Schutre, Mich.; Alice Peters, Iowa; J. E. Marbach and wife, Ill.; Dr. J. A. Harper, Ind.; Miss Grace Harper, Ind.; Fred Franche, Ind.; Frances Copelin, O.; E. E. Hessel, China; Mrs. Amy Turner, Texas; Mrs. A. G. Havron, Iowa; Burth H. Whitley, Ind.; L. E. Haight; S. F. Gordon, Mich.; D. A. Smith, N. Y.; L. M. Wing, Mrs. S. L. Wing, Mrs. N. B. Fletcher, Mich.; W. G. Smith, Mich.; Mrs. J. H. Hankey, Mich.; Elizabeth Martin, Pa.; R. S. Flesheim, Mich.; Cora Cornell, Ill.; Mrs. E. D. Christian, Miss.; C. D. Warner, Mich.; George Goodrich, O.; Dr. C. M. Harpsten, O.; H. O. Carrell and wife, Ill.; C. J. Somstag, Ark.; Dr. H. W. Marshall, Mass.; Robert Smith; Mrs. E. J. Dunn, Undine Dunn, Ill.; H. C. Smith and wife, Ill.; W. H. Hines, Ill.; Dr. James B. Hill, Ill.; Harry McNeil, Manitoba; Sarah Peters, Nankin, China; Frank Kliper, N. Y.; J. R. Goddard and wife, Ningpo, China; George A. Winkler and wife; Mrs. Ed. Winkler, J. R. Gentleman, Ill.; R. V. Osborn; Theo. F. Myers, Iowa; W. G. Morford, O.; J. M. Kennedy and wife, Mo.; J. W. Donnell, Ill.; Abraham Cooper, N. Y.; J. W. Cartwright, O.; C. L. Moore, Ark.; Jessie P. Fisher, N. Y.; W. F. Hawthorne and wife, Pa.; Mae Evans, Ind.; Mrs. H. B. Brown, Ind.; C. A. Evans, N. Y.; Mrs. W. S. Johnson, Ill.; Mrs. C. Andras, Okla.; E. J. Murtaugh, Iowa; Mrs. C. A. Gesell; M. F. Maier, O.; E. S. Smith and son, N. Y.; Mrs. J. Van Pelt and son, Ill.; Fred M. Bishop, Hinsdale, Ill.; Miss Lou Ella Gardner, Mich.; Edgar S. Miller and wife, Ind.; W. C. Sipple and wife, Ind.; J. D. Burris, Ill.; Mrs. Elizabeth Plant, Ill.; Miss Annette Plant, Ill.; Mrs. J. B. Chilton and two children, Ind.; L. W. Miller, Mich.; L. C. Way, Mo.; Joseph Ziegler, Ind.; N. M. Stevens, M. D., Wis.; M. Carpenter, Wis.; W. H. Miller, Mich.; J. M. Rhodes, Jr., Ind.; Mrs. H. L. Johnson, Mich.; Mrs. M. T. Keller, O.; Mrs. T. G. Rowe, O.; Frank Harriman, Mont.; W. P. Tuttle, N. D.

Very low rates to San Francisco, Los Angeles and San Diego, California, and return, on certain dates beginning with May 6th. Return limit, October 31st. Liberal stop-overs allowed in both directions. For full particulars ask Grand Trunk Railway System ticket agent.
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The Seventh Day Baptist Church of Battle Creek

Holds regular services every Sabbath (Saturday) in the chapel, second floor College Building, Washington Street, opposite Sanitarium, at 2:45 p. m.
Visitors cordially welcome. Chapel third door to right beyond Library.

Pastor Rev. J. G. Burdick,

81 Barbour Street, - Battle Creek

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THE BATTLE CREEK IDEA



Vol. II No. 21

BATTLE CREEK MICH. APRIL 30 1909

Price 2 Cents

LAW ENFORCEMENT LEAGUE IS FORMED

250 Citizens Attend Banquet and Discuss Plans to Enforce the New Law

\$500 IS PLEDGED

At a banquet of 250 covers given at the Sanitarium Tuesday night by the management of the institution the Anti-Saloon League was reorganized under the name of The Law Enforcement League, \$500 was raised to offer as a reward for the first ten convictions of violators of the new local option law and officers were elected with I. L. Stone of Battle Creek as president. Other officers are:

Vice-President, M. B. Murray, Albion.
Secretary, H. J. Cortright, Marshall.
Treasurer, A. E. Poulsen, Battle Creek
Executive committee (city members to be announced later)—Township members: Albion, Garfield Farley; Athens, D. Fox; Burlington, H. H. Hoyt; Tekonsha, A. T. Pryor; Clarendon, A. Sherman; Homer, I. W. Sloan; Eckford, H. S. Austin; Fredonia, John Blue; Battle Creek, George Bucklin; Emmett, J. E. Crosby; Marengo, W. E. Marston; Sheridan, R. Emory; Clarence, Jay Snyder; Lee, O. C. Wheeler; Convis, E. W. Scott; Pennfield, E. Puffer; Bedford, J. E. Tobias.

The banquet was the gift of the management to the organization and the proceeds, a dollar a plate, went into the treasury of the new organization. Prominent citizens from Albion, Marshall, Homer and other towns of the county attended. Dr. Samuel Dickie, president of Albion college, presided as toastmaster. Among the speakers were Louis E. Stewart, Judge North, Rev. C. E. Hoag, Rev. B. F. Taber, Dr. Day of Albion, and Dr. J. H. Kellogg who was the first speaker of the evening. He expressed his pleasure over the result of the recent election and said that the institution would have been willing to have given \$5,000 instead of \$1,000 if it had been necessary to secure the results and that personally he would have been willing to have given every dollar he possessed to bring about a triumph for temperance and make Battle Creek a sober town.

Following the speech by Dr. Kellogg the nominating committee stated it was ready to report. Dr. Dickie read the constitution, which was short, simple and direct. The name of the new organization was The Law Enforcement League. Its purpose is to create and encourage public sentiment in the enforcement of the law, to assist the officers in the detection of viola-

(Continued on page 6)

Why Coffee is Injurious

Dr. J. H. Kellogg Answers Patient's Query As to Deleterious Effects of This Beverage

COFFEE TOPERS NUMEROUS

COMPLYING with the request of a patient who wished to be told "why coffee is bad for us," Dr. Kellogg recently devoted a part of his lecture evening to this interesting problem that confronts us all. His reply in large part was as follows:

"I believe I can show you in very short order why coffee is unquestionably bad for us.



MAIN PARLOR OF THE BATTLE CREEK SANITARIUM

In the first place there is nothing good in it. You say, 'Oh, but the flavor of it.' As a matter of fact, you didn't like the flavor of it the first time you tasted it. Just give a little baby some coffee; did you ever see a baby that liked it? Did you like it yourself the first time you tried it? You have to put sugar and cream in it,—you have to hide the flavor of the coffee, in other words, or else you would not like it at all. It is the cream and sugar you like, not the coffee. Perhaps it is a little too sweet, and the cream a little too rich, so you need some flavor. It is not the coffee you like. But this, of course, does not apply to the coffee connoisseur, or the real, old coffee toper, who likes the coffee for itself, who takes it black and takes it without any cream or sugar. He is the real coffee drinker, and he is

(Continued on Page 2)

THE SPINAL CORD AND SOME OF ITS DISEASES

Dr. W. H. Riley Tells Sanitarium Patients of This Part of the Body's Great Nervous System

SYMPTOMS AND TREATMENT

(Continued from last week.)

IN a previous lecture Dr. Riley told of conditions which brought about inflammation of the cord, of which the following is a continuation:

Trophic and Vasomotor Symptoms: The skin in the paralyzed part may be dry and harsh but in some cases there may be an excessive amount

of perspiration. Bedsores are very apt to form, especially where the lesion in the cord is severe. These may begin to form in a few hours even when the greatest precaution is taken. For this reason the patient should be turned carefully in bed with a draw sheet as described in the previous lecture. Air cushions should be used to relieve pressure and every precaution should be taken to avoid the formation of bedsores. A bed sore is always a serious thing and a handicap to the proper treatment and the improvement of the patient.

The muscles related to the segments in the cord that is the seat of the inflammation, waste rapidly and become very small. These muscles are usually the muscles of the trunk and their wasting cannot be detected easily. For this reason the wasting of these muscles is often overlooked. As the disease progresses the mus-

cles of the legs also shrink and become smaller.

Symptoms of the Digestive Tract: The digestion in these cases is apt to be more or less disturbed. The bowels are apt to suffer in the paralysis so that they don't empty themselves normally; consequently the bowels are constipated, fecal matter is apt to be retained, putrefactive changes occur in the bowels, poisons are absorbed and this may aggravate the disease in the spinal cord. If the disease is in the lumbar region of the cord the sphincter of the lower bowel is relaxed and the patient may be unable to retain the discharges from the bowel. On the other hand, if the lesion is in the dorsal region of the cord or above, the influence of the will is cut off from the bowels to a greater or less degree, and the bowels act in a more or less automatic manner. The reflex from the lower bowel is usually increased in a case of this kind.

The same condition obtains with reference to the bladder. When the lesion is in the lumbar region of the cord, the constrictor muscle at the opening of the bladder is paralyzed and relaxed and allows the urine to pass constantly, and the patient has what is called "incontinence of urine." Even in this condition, on account of the weakness of the muscle wall of the bladder there may be some retention of urine; catarrh and inflammation of the bladder may develop and a serious condition follow.

When the lesion is higher up in the cord, above the lumbar enlargement, the sphincter of the bladder is not affected, but the muscles that empty the bladder are. The bladder is not readily emptied and distention occurs. Here we may also have a catarrhal condition and serious trouble with the bladder. The bladder and the bowels should always have very careful attention by the physician and nurse dealing with these diseases.

The fever that appears early in the disease lasts only for a few days or a week or two at most and disappears. The course and duration of the disease, as above indicated, and the manner of development of the disease varies with the case. Usually the disease is fully developed in a few days or a week or two at most. After it is fully developed there may be another period of a week to three weeks during which the disease remains stationary and there is little or no change. In the very earliest period the disease may terminate fatally. This sometimes happens. After a few weeks, that is, at the end of the second or stationary period, the case may take various courses:

First, the patient may enter upon a long period of progressive improvement which may extend over several months or a year.

Second, the disease may continue stationary for several weeks or months with little or no change.

Third, there may be a gradual decline which may terminate in death in a few months or a few years.

In favorable cases after the first ten days or two weeks the reflexes which were lost in the legs begin to reappear and they may from this point on be increased. Along with this usually the patient is able to use the muscles of the legs better than previously. This improvement may continue for several weeks or months and finally the patient develop what is known as a paralytic state, which is the last stage of the disease in favorable cases, and this may continue for several years. In this paralytic state the muscles of the legs are weak and spastic, the reflexes are increased and the muscles are more or less shrunken on account of not being used. While the inflammation is severe the cord may be divided completely in two and the parts are completely paralyzed below the level of the lesion. In this event there is no improvement. The reflexes never return, the bladder and bow-

els may be paralyzed and the condition is one beyond any remedial help. Cases of this kind usually live two or three years and terminate fatally.

There is still another class of cases where the stationary period remains several months and where very little improvement occurs during this period.

Prognosis: The disease may in severe cases take life in the first few days or first few weeks of the disease; in other cases where the cord is completely divided and yet the patient lives, the paralysis in the legs is complete, bedsores form. The patient may be taken off at any time from the bedsores or cystitis or other cause, but the patient may linger on for months or a few years. Cases of this kind seldom live more than two or three years. In the favorable cases and in other cases where signs of improvement occur by the end of the first month they usually continue to improve and they develop into the paralytic state, or perhaps they are able to walk about with a crutch or a cane, having the so-called spastic gait. Where there is no return of sensation or motion by the end of the first month there can be little hope for any more improvement. Some cases entirely recover in a few months.

Diagnosis: The diagnosis of a disease is to name the disease and to distinguish it from other diseases. This disease should be diagnosed from inflammation of the anterior horn of the gray matter of the cord, so-called poliomyelitis anterior, also from neuritis and acute ascending Landry's paralysis. It will not be necessary to discuss the symptoms of all these diseases here. The physician should understand this thoroughly and be able to properly diagnose one disease from the other.

Treatment: In the treatment of these cases first of all the patient should be put to bed and kept there until the acute symptoms have passed, and it is usually better for him to lie with his face down and the spinal column lifted at least part of the time. In the early stages of the disease an ice bag may be placed along the spinal column and kept there for half an hour or an hour at a time with the idea of relieving the congestion and inflammation of the spinal cord. Care should be taken that this ice bag is not kept on too long, as it is apt to injure the tissues. A long spine bag filled with ice water is the best way to apply cold to the spinal column. The patient should be carefully turned in bed so as to avoid the formation of bedsores. The draw sheet described in the previous article may be used for this purpose. The bladder and bowels should have careful attention by the physician. Enemas and mild laxatives should be used to empty the bowels. A catheter should be passed if necessary to empty the bladder, and the bladder should be washed out with a proper solution. Remedies may be used at the beginning of the disease that will relieve the fever. These should only be used under the directions of a physician. Early in the disease massage and electricity should be used to the paralyzed muscles. These remedies should be used carefully at first so as to avoid irritating or over-stimulating the muscles. Later they may be used more vigorously. As the patient gets better, exercise, carefully graduated, should be properly taken. The good results coming from the proper use of hydrotherapy, electricity, massage, manual Swedish movements, etc., will depend upon the skill with which they are administered to the patient. These treatments can usually best be given in a well regulated institution where there are proper appliances and equipments for giving the same.

When worthy men fall out, only one of them may be faulty at first; but if strife continue long, commonly both become guilty.—*Fuller*.

WHY COFFEE IS INJURIOUS

(Continued from page 1)

just as much a drunkard as the man who drinks whiskey. I think I should say she, instead of he in this case, because it is generally a woman who is a coffee toper rather than a man. Men become whiskey drunkards, whiskey toppers, and women become tea and coffee toppers.

"Some time ago a doctor reported from Australia that tea drunkenness was becoming so frequent in that country that it was not uncommon to meet women suffering from delirium tremens as the result of the use of tea. Now tea and coffee are practically the same thing; there is the same poison in both. Tea, coffee, maté and other substances all contain the same poisons. It is called thein in tea and caffeine in coffee. These poisons were first discovered independently. The tea poison was called thein, and the coffee poison caffeine. But later research showed they were one and the same thing; so at the present time the only name used in chemistry is caffeine—the same poison in both substances.

"This coffee poison was first discovered in the last century. Dr. Lehmann, one of the most eminent chemists of modern times, a German chemist who lived and worked about sixty years ago, made experiments with it, and he found this caffeine was a poison. He gave some to his assistant one day, and gave his assistant bad headache, made him sick at his stomach; he was giddy and nervous and in great distress, and didn't recover from it for several days. Then another, Dr. Edward W. Smith, the great food authority in England, made some experiments with coffee. He took four ounces of coffee in a decoction of three pints; he and his assistant drank it together, and they fell to the floor insensible in about fifteen minutes and remained there three hours. That is what happened to them when they took a little overdose of coffee.

"It takes only seven and a half grains of caffeine to kill a cat. How much is there in coffee? The coffee contains sometimes as high as one per cent. There are seventy grains of caffeine in a pound of coffee, and seven grains will kill a cat. There is enough poison in one pound of coffee to kill ten cats, and the cat is said to have nine lives. And now twenty grains of this caffeine will make a man terribly sick. A medicinal dose of caffeine is two or three grains. If a doctor has a patient who needs a dose of caffeine, and wants to give him a medicinal dose that will produce a decided effect, it is two or three grains.

"Let us ask how much a person gets when he takes a cup. How much coffee does it take to make a cup of good strong coffee. A tablespoonful for a good, strong cup of coffee is apparently right. How much does it weigh? About an ounce, perhaps, or half an ounce. There are sixteen ounces in a pound, and seventy grains of caffeine in a pound. There are four and a quarter grains of caffeine in an ounce, and half an ounce would be two and one-eighth grains of caffeine; so that is the amount there would be in a tablespoonful of coffee which is used for making a single cupful. You would get a medicinal dose of it.

"Suppose you take two cups of strong coffee at a meal,—you have got half enough to kill a cat. You never could stand it if you were not used to it. But you say, 'There can not be so much poison in that'; but there is. I surprised a man the other day who had never stopped to think about it,—the amount of poison in a single cigar, for example. There is a lot of poison in tobacco. There is enough poison in one cigar to kill two men,—I mean, of course, men who are not accustomed to smoke.

To be sure, they would have to take the poison from that cigar, get the whole of it, and inject it all into the man's blood at once; for if you take it in a little at a time, as you do when smoking, it is eliminated, carried off, as it comes in. It is eliminated so quickly that nobody gets enough of it at any one time to get a fatal dose. But it takes only a very small amount of nicotine to kill a man.

"Now, in the case of coffee, the drinker swallows the whole thing. But in the case of the cigar, the man takes a little in, sends it out again, then takes a little more in and then sends it out. So he does not get the whole effect of the cigar at once. But in the case of the coffee, you swallow it all. That is the reason why the cigarette smoker suffers so much more than the cigar smoker or the pipe smoker, because he swallows the smoke down into his lungs and the poison is all absorbed. That is why cigarette smoke is so very deadly. Coffee, you see, is on the same principle—you swallow it all, you get the whole poison and there is none of it floating away into the air unabsorbed.

"Why, my friends, there is more poison in a cup of strong coffee than there is in a glass of the same quantity of beer. Some of you are very strong temperance people—I trust all of you are temperance people, yet you are accustomed to drink coffee, never stopping to think that there is more poison and more intoxication in that coffee than there is in the same amount of beer. Here is a man, for instance, who is a beer drinker,—ask him how much beer he takes. He will say perhaps thirty or forty glasses a day. I have met a great many men who would drink thirty or forty glasses of beer in a day. Ten or twelve glasses a day is a very common thing. But if you undertook to give a man thirty or forty cups of strong coffee in a day,—why, my friends, he would be unconscious before he got there. He would be lying down in a dead stupor. He could not possibly take that amount of poison into his system, because caffeine is a very much more violent poison than alcohol. The deadly dose of alcohol is several ounces.

"I met a man not very long ago who admitted to me that he had been taking two pints of whiskey every single day right straight along—that is sixteen ounces, a whole pint, of pure alcohol. Now, one could not take that quantity of caffeine—twenty grains of caffeine. There are 480 grains in an ounce, and twenty grains is one twenty-fourth of an ounce. That man had taken sixteen ounces of pure alcohol every day for a long time, and here one twenty-fourth of an ounce of caffeine is a dose that might be deadly; a little larger dose than that would certainly be deadly. So you see caffeine is a poison; there isn't any question about that.

"Now what particular harm does it do? It paralyzes the stomach; the tannic acid in it paralyzes the gastric juice, precipitates the pepsin, renders digestion impossible. It is depressing and destructive to the nerves. It produces a specific disorder, a regular set of symptoms that are known to come from this chronic poisoning. I have found a number of cases of actual delirium tremens arising from it. Some years ago there were two girls arrested in Boston for becoming drunk and disorderly. On investigation it proved they had not taken a drop of whiskey; they had acquired the habit of chewing coffee grains until they had gotten so much poison into the system that they became hilarious and were supposed to be intoxicated. They were intoxicated, but with coffee instead of alcohol."

"The more you trouble trouble the more trouble will trouble you."

DR. CAROLYN GEISEL RETURNS FROM SOUTH

Finishes Successful Chautauqua Lecture

Tour with Mrs. Emmons in
Southern States

WILL SOON LEAVE FOR EUROPE

DR. CAROLYN GEISEL and Mrs. Minnie Emmons have returned from their southern Chautauqua lecture tour, which embraced cities in Tennessee, Mississippi, Georgia and Florida. They were everywhere met with the most enthusiastic audiences and by every Chautauqua and college visited have been asked to return. The clubs addressed were equally appreciative and without exception begged for a return engagement.

In both Gainesville, Fla., and Florala, Ala., the schools were dismissed and the students in a body with their teachers daily attended the lectures, both morning and afternoon. This is an indication of the importance with which they regard the health lectures, for no other series of lectures in the course were thus attended.

"In every place we have attended a Chautauqua," said Dr. Geisel, "we have been importuned by members of our audiences to persuade Dr. Kellogg to locate a Sanitarium in their vicinity."

A side light on the temperance wave that has swept the south this winter was told by Dr. Geisel, who said: "The night of the temperance meeting with the Meridian (Miss.) colleges, the students of the men's and women's colleges assembled some 1,000 strong. Many of them had their ribbons pinned on their uniforms as they came in. Three hundred and ten more signed the pledge that night and pinned on white ribbons. The white bows on their dark uniforms made the house look as though a snow storm had struck it. The students kept a firm hold on the matter and in the next two weeks secured another two hundred signatures to the pledge."

All of the old Chautauquas, which Dr. Geisel has visited for the past few years, have enrolled students for graduation next year and the classes number from sixty-two to one hundred and six.

The Course of Health given by Dr. Geisel and her assistants includes lectures on How to Prevent Disease Through Proper Diet, Fresh Air, Healthful Dress, Physiologic Exercise and the Application of Rational Remedies to Disordered Conditions.

The classes are organized at the beginning of the work, the pupils being enrolled duly for each course. At the close of the lecture course they are provided with an outline for study during the remainder of the year and at the close of the second year a diploma is granted. The Home Nursing and the Domestic Science classes are favorites among the southern women. Last year one old lady received her diploma on the Chautauqua grounds on her 80th birthday anniversary. The youngest graduate was an ambitious twelve-year-old lassie.

Dr. Geisel will leave shortly for a trip abroad where she will visit some of the famous laboratories, the Pasteur Institute, Paris, the institute presided over by Pawlow at St. Petersburg, etc. She expects to return in July to keep Chautauqua engagements in the north.

"A Man's Faith"

Dr. Wilfred Grenfell's Book Is Issued
by The Pilgrim Press

ONE of the most recent books from the pen of the many-sided Dr. Wilfred Grenfell of Labrador fame, is that issued by The Pilgrim Press, Boston, entitled "A Man's Faith." It is worth while reading about the faith of a man who is so much of a man as is Dr. Grenfell and the readers of this little guide-post to peace will not regret the hour they spend in perusing it. It is as practical as the doctor's own life. His faith is essentially the faith of action—the outward expression of what he terms "the inward witness," and he advises his readers if they want their faith to be anything but a weakling—a sensitive plant to use it. "Keep it about with you. Don't be ashamed to show it and speak of it as naturally as one would of business or pleasure."

At one point he reveals his own attitude toward the creed-bound religion of the period and the smug Christian who is content with faith without works. "There is a growing revolt against conventional religion," he asserts. "Thought is free and the expression of it ever getting freer, both in word and action. Thank God for it. Men are beginning to see what they need and so better to say what they want. Who needs preachers without a life giving message? Such men are worse than useless for faith nowadays. I have listened to an appeal for faith in Christ made by the cook on my steamer, which was more eloquent than many I have heard from lawn sleeves. Faith must be used to keep its vitality. No faith can survive long with the sleeping sickness. It soon becomes flabby and useless."

In closing the doctor sums up his principles as follows: "I am determined, God helping me, that no man shall rob me of my faith. I won't hide it away. I'll keep it right around with me if I can. I will see that it gets exercise. I will feed it all I can so that it shall not starve. I won't force it if I can avoid it, and make it weedy and a weakling. It shall say no things it does not believe. When in real danger, if I can, I will go to some one stronger than I to help to keep it safe. But when that necessity arises to whom shall I look for help? Surely directly to him who gave it to me. For I know whom I have trusted, and I am persuaded that he is able to keep it against that day."

The book is attractively bound in boards of onyx malachite and may be had for 50 cents at the Sanitarium book-stand.

Special rates to North Pacific Coast points and return are on sale via the Grand Trunk Railway System from May 19th to Sept. 30th. Liberal stop-overs allowed in both directions. Please ask regarding them. L. J. BUSH, 4-22-6w Passenger Agent.

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THE MEDICAL MISSIONARY

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VOL. II APRIL 30, 1909 No. 21

SCHOOLS TO TAKE UP THE WORK

DR. FRANK W. SHUMWAY, secretary of the state board of health, is soon to issue a set of primers on the dangers of tuberculosis. These will be put into the hands of all teachers in the public schools.

The pamphlets will contain valuable information relative not only to the cure of the dread disease, but more especially will deal with rules of prevention, such as sweeping, care in spitting, plenty of pure food, etc. There will be questions and answers which it is designed to have studied by the pupils the same as other daily lessons.

"Heretofore," said Dr. Shumway, "the teachers have been obliged to wade through a lot of reading on technical points and try to explain to the children something which from the phraseology they were not really able to understand themselves.

"The new books are simple in that respect, and we believe they will result in much good."

THE JOYS AND DANGERS OF AUTO-MOBILING

A SEASONABLE and delightfully entertaining article on The Hygienics of Automobiling, by Dr. A. J. Read, appears in the current number of *Good Health*, in which the doctor gives some very illuminating advice to the auto enthusiast, both as to what habits he should avoid and what to do in cases of accident or emergency.

First and foremost it may be said that the writer is himself an enthusiastic devotee of the recreation, declaring it to be a safeguard against brain-fag and auto-intoxication, affording, through change of scene and air, a mental stimulus, to say nothing of its value as a life-saver when used by a busy doctor, who is thus able to reach four times as many beds of sickness as he could with slower, older vehicles. But while he places high value upon the effects of driving in this fashion he sees many dangers and points a warning finger to them in his article. Apropos of the common and deplorable one of speeding, he says: "The driver of the machine, if he has been a business man working at a nerve strain in his office, not only fails to get a real relaxation when traveling at a high rate of speed, but almost unconsciously finds himself keeping up the nervous strain in his effort to guide his fleet pacer over the rough places in the road and around other vehicles. He thus deprives himself of pleasure and recre-

ation and at the same time runs a risk of life and limb by his headlong speed.

"Another danger of speeding is the tendency to arch the body forward while scanning the road in front of the vehicle. This flattens the chest, rounds the shoulders, and compresses the stomach and abdominal viscera, interfering with the normal activities of these organs, and with the proper poise and development of the body.

"The passengers, as well as the driver, should pay especial attention to the muscular support of the abdominal viscera just as they should in railway cars, or in a carriage, or any other conveyance, since the jolting of the vehicle over ruts and obstructions in the road tends to produce prolapse of the stomach, kidneys, intestines; and liver if the spinal and abdominal muscles are not kept at a proper balance of contraction. Neglect of this simple precaution may also lead to dislocation of the kidneys by a severe jolt which occurs while the muscles and ligaments supporting these organs are unduly relaxed.

"One of the most common dangers in automobiling," continues the doctor, "is the exposure of the ear to the cold wind, when riding rapidly. This very often develops a middle-ear disease and may lead to deafness. In the spring and summer one also needs to use protection for the eyes when riding along country roads, as the force with which gnats and small insects will be hurled against the cornea is very apt to cause injury to the delicate tissues of the eye. For this reason automobile goggles or large glasses are a good protection." He also warns against a too free exposure of throat and neck in order to avoid a disturbance in the balance of the circulation of these very responsive tissues.

FIGHT THE TYPHOID FLY

By following the rules issued by the Health Department of the District of Columbia, the city of Washington has reduced the number of flies fully sixty-five per cent. The system of inspection was reduced to a nicety and prosecutions for failure to follow the rules were brought in such numbers that respect for the rules has been greatly increased. During the past year the expense of the inspection service has been about \$9,000, while the economic saving in health and life can be roughly estimated.

The regulations demand extreme care of all buildings where domestic animals are kept. The manure must be placed in a properly covered bin to which no rainwater has access. The cover must prevent the ingress and egress of flies. The bins must be emptied twice weekly between June and October and that in a vehicle which is covered with canvas.

In addition to this ordinance, others have been issued which provide against the contamination of exposed food by flies and by dust. The ordinances are worded so as to cover all possible cases. They provide for the registration of all stores, markets, cafes, lunch rooms, or of any other place where food or beverage is manufactured or prepared for sale, stored for sale, or offered for sale, in order to facilitate inspection, and still more recent ordinances provide for the registration of stables.

FOR SALE

If taken soon, two great bargains in modern houses. Small cash payment, balance in monthly payments at less than properties will rent for.

J. C. RIGGS, Sanitarium

4-45r

IF YOU HAVE A STOMACH

that sometimes occasions you discomfort and distress from indigestion, you should know of the advantages offered by

Antiseptic Charcoal Tablets

Not a drug, but composed of natural antiseptic agents that promptly relieve the oppression and distress of indigestion, and leaves the digestive organs in an aseptic, healthful condition.

Antiseptic Charcoal Tablets

are a good remedy to have handy. They are invaluable to those who live a sedentary life, with slow digestion, sour stomach, etc., that too often result from it. We want you to try this remedy, and will send you a sample box free upon receipt of your name and address; or three boxes, containing 40 tablets each, sent postpaid for \$1.00.

The Kellogg Food Company

Dept. Q-10

BATTLE CREEK, MICHIGAN

TR-C

The Battle Creek Sanitarium & Hospital Training School for Nurses

Offers exceptional advantages to young men and young women who desire to fit themselves for the work of a trained nurse.

Besides the regular hospital training, thorough training is given in Hydrotherapy, Massage, Manual Swedish Movements and all physiologic methods peculiar to the Sanitarium, and is each a training in itself and found almost exclusively in our work.

Classes are organized April 1 and October 1. Applications are received whenever vacancies occur.

For further information or particulars regarding the school, address the

Battle Creek Sanitarium & Hospital Training School

TR-C

FOR SALE—I have on hand at all times good values in improved and vacant property. Fire insurance written in the strongest companies.

L. W. SCHRAM,
Notary Public,

39 North Washington Avenue
Automatic Phone, 1297. Bell, 337 1 ring.

Air Bathing is Recommended

Dr. Kellogg Explains How Efficacious This Form of Bath Is for Delicate Persons

CLOTHES ARE UNNATURAL

"We have lately had with us a gentleman," said Dr. Kellogg in a recent talk to patients, "who gained some notoriety from the fact heralded about that he did not believe in bathing and had not taken a bath for many years. The fact of the matter is that when I met this gentleman lately he remarked, 'I am a man who does not believe in bathing. I have not taken a bath for fifteen years. I believe in taking baths when I am sick, however, and I have come up here because I am sick. Why should a healthy man take a bath? The skin is continually scaling off and the dirt comes off with it.' Well, it is true that one may get along without a water bath, but one needs some kind of a bath, and I found in talking to this gentleman that he is in the habit of taking a bath every day, a very thorough bath, but it was an air bath instead. With a coarse towel he rubbed and curried himself until his skin was made as clean as it was possible to make it with water. He simply did not take the water bath but he took air baths and rubbed and sandpapered himself with a rough towel until he was thoroughly clean.

"It really makes very little difference. A savage running about in the forest hardly needs to take a bath. He is exposed to the air and the sunlight, comes in contact with the bushes, the leaves, the twigs and the grass as he runs about, so that his skin is sandpapered and polished and made very clean. But the civilized man wears clothes and his skin gets into an unhealthy condition. The wearing of clothes is a very dirty habit. There is no doubt about that because they retain the dirt, the secretions of the skin in contact with the skin. If we wear clothes and subject our skins to the hardships which they are subjected to when clothing is worn, while retaining the excretions in contact with the skin and in the clothing, we must do some works of supererogation to atone for this unnatural thing. It is no more natural for a man to wear clothes than it is for a monkey or a horse or a cow to wear clothes. Men were created living in a tropical climate, and in a tropical climate very little clothing is worn. The natives of Africa and India do not wear clothes to any great extent even at the present time, as I am told by travelers who have been there, and photographs indicate that the natives of tropical regions wear very little clothing. A pocket handkerchief, I think, would cover the extent of the clothing worn by a great many of the natives of central Africa, and these natives have a fine skin.

"I met a number of natives in Egypt some years ago from the Upper Nile, from a tropical country, and they had skins as fine as could be. They had an extremely admirable appearance. It was a delight to look upon. The skin was so remarkably silken-like in its texture. It is black as soot but very fine in texture indeed, and apparently perfectly healthy, absolutely free from blemish of any sort. I admired those beautiful skins that had always been in contact with the air and sunlight and had no opportunity for accumulation of dirt. The skin

cleansed itself by a process of exfoliation, peeling off all the while and so carrying the dirt away with it.

"The dirt cannot cling to the skin because the skin peels off and carries the dirt away, but when we wear clothing it is quite different. The skin becomes relaxed; the dirt in the clothes accumulates and is retained in contact with the skin and the processes by which the epidermis is rubbed off are not in operation, so the skin becomes clogged and coated over and varnished and is left in a very unwholesome state. We have the proof of all this. When we give the ordinary man a Turkish bath the operator has no difficulty at all in rubbing off the skin in great quantities. It rolls up under his hands and will rub off in large amount and after thorough currying off, salt rubbing and brushing the skin becomes smooth and polished as ivory.

"After the bath, when the cold water is applied to the skin it is toned up wonderfully, but the same effect may be secured by exposing the skin to the air and rubbing with a towel. In winter I think a great many invalids would do a great deal better to substitute the air bath for the water bath for the reason that in the water bath the water soaks into the skin, and unless great care is taken to make the skin perfectly dry again there is danger of taking cold when going out in the air, walking through the air, exposing one's self to the currents of air created by the walking itself, which is quite sufficient to produce chilling of the skin by promoting evaporation. The cold water bath is a good means of treating the skin, but in winter delicate people should take great care in treating the skin. They should supply a little oil to the skin as an extra precaution, in cold weather especially. I think that for many feeble invalids the morning air bath is quite as good as the cold water bath and I would recommend many of you to substitute air baths for the cold water bath or the cold spray in the bathroom or for the cold mitten friction. Simply expose the skin to cold air and rub it with the towel. Ask the attendant to give you a rubbing with a coarse towel and you will enjoy the feeling which comes afterwards. You will feel warm; you will get a good reaction and you will get greater benefit from it, without incurring the possibility of injurious effect."

Do you wish the world were happy?

Then remember day by day

Just to scatter seeds of kindness

As you pass along the way;

For the pleasure of the many

May be oftentimes traced to one,

As the hand that plants an acorn

Shelters armies from the sun.

—Ella Wheeler Wilcox.

Many a girl will knit her brows who wouldn't darn a stocking.

GOOD HEALTH FOR MAY

Oldest Health Magazine Offers Attractive Articles on Varied Phases of the Subject

GOOD HEALTH for May appeared this week in an attractive and seasonable cover which was but the outward indication of its contents. The opening article is from the pen of Mary K. Maule, and tells of "The Work of the School Nurse," as drawn from her experience in the New York city schools. The article is well illustrated and instructive throughout. In closing she says: "The working out of the system has been productive of nothing but good and the school authorities are as loud in its praise as are the health department and the parents of the children whom it has benefited."

One of the leading articles of the number is that on "Indiana's State Board of Health," by T. C. O'Donnell, editor, in which the writer tells of what that active board has done toward ridding the Hoosier state of the White Plague, to improve her water and pure food supply and solve the housing problem. Readers are given an intimate and skillfully drawn sketch of Dr. J. N. Hurty, secretary of the board, to whose energy and ability the board's effective work is indebted.

Throughout, the magazine shows itself to be alive and tingling to the health problem in all its myriad phases, as the following table of contents shows:

Frontispiece.
Editorial.
The Work of the School Nurse (Illustrated)—Mary K. Maule.
Opium in China (Illustrated)—J. H. McOartney, M. D.
Indiana's State Board of Health (Illustrated)—T. C. O'Donnell.
The Flowers' Easter—A Poem—Fannie Sprague Talbot.
The Housekeeper in Quest of Germs (Illustrated)—Mrs. E. H. Kellogg.
Mothers Should be Strong and Healthy—Kate Lindsay, M. D.
A Letter from Mr. N. O. Nelson.
Flesh Eating and Auto-intoxication—J. H. Kellogg, M. D.
Question Box.
Training the Teeth (Illustrated)—J. T. Case, M. D.
Hygienics of Automobiling (Illustrated)—A. J. Read, M. D.
Infant Feeding in France (Illustrated)—T. C. O'Donnell.
Overland Walking Club: On the Edge of the Swamp (Illustrated)—Julia Ellen Rogers; The Overland Walking Club as a Source of Pleasure (Illustrated)—Ralph W. Alice.
Nervous Exhaustion—Neurasthenia (second paper)—W. H. Riley, M. D.
The Sanitary Condition of the Southern End of Lake Michigan (Illustrated)—H. E. Barnard and J. H. Brewster.
A Review of Some Current Books.
The Mental Side of the Sanitarium Method (Illustrated).

Be constant to your purpose, and desirous only of the praises which belong to patience and discretion.—Ruskin.

FANCY MILLINERY MODEL HATS TO THE TRADE

Special Bargains in Willow Plumes

\$22.00	-	28-inch plume for	-	\$14.00
\$18.00	-	20-inch plume for	-	\$12.00

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MRS. J. T. MACK

LAW ENFORCEMENT LEAGUE

(Continued from page 1)

tors of the local option law, to secure speedy punishment to the offenders, and to keep the county as dry as possible.

President I. L. Stone of the organization is authorized by the constitution to engage the services of secret service men to work in any part of the county.

Before the meeting adjourned, it was decided to offer a reward of \$50 to each person securing the conviction of any breaker of the local option law. A sum of \$500 was secured for this purpose the following each going \$25 for the cause: Dr. Dickie, Dr. Kellogg, C. H. Wheelock, John Caine, I. L. Stone, Dr. Palmer, Albion; Mrs. Dickie, Albion; Mrs. Myrta M. North, Miss Jennie Columbus, Mrs. I. L. Stone, L. E. Stewart, Mrs. John H. Kellogg, E. E. Page, Marshall; Prof. Goodrich, Albion; Charles A. Ranger, W. S. Potter, John I. Gibson, D. M. Howie and O. S. Clarke.

The banquet was served in the main dining room, the tables being handsomely decorated with lilies, jonquils tulips and other spring flowers. The following was the menu:

Grape Fruit	Rice Wafers
Tomato Bisque	Pine Nuts
Ripe Olives	Radishes
Protose Croquettes	Parsley Sauce
Parisian Potatoes	Sliced Tomatoes
Green Peas	
Cucumber Relish	Sanitas Wafers
Fruit Nectar	Buns
Cottage Pudding—Clear Sauce	Apple Juice
Sanitas Confections	Oranges
Caramel Cereal	Apples

QUESTION BOX DEPARTMENT

EACH Monday evening Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics. Questions must not be sent to the BATTLE CREEK IDEA.

Q. If one has a stiff, painful right wrist at times, does it indicate that something wrong has been eaten?

A. It is probably auto-intoxication. That is the most common cause of disease in the bones.

Q. If one finds he cannot use yogurt tablets and is suffering from intestinal auto-intoxication, what can he take in place of yogurt?

A. I don't know anything that takes the place of yogurt exactly. Yogurt is unique in that regard. It has its own function, and there is nothing just like it, but I will say the proper thing to do is to avoid all things that are toxic, that undergo putrefaction; avoid meats of all sorts; take pains to chew food, eat a great deal of fruits and fruit juices; malt honey is a particularly good thing, or bee's honey—ordinary honey; and take care to make the bowels active so there will be no chance left for putrefaction.

Q. Can chairs with backs peculiar to this institution and the cushions used on the backs of some chairs be bought here?

A. Yes, they can be purchased here. Mention your wants in that regard at the food booth, and I think attention will be given you.

Q. What condition of the stomach or bowels produces severe dizziness, and what will cure it?

A. That is another case of auto-intoxication.

Q. What is the cause of stone in the bladder?

A. It is an excessive amount of uric acid. Uric acid is precipitated,—or phosphates. These are the principal causes of stone. Sometimes other substances being present in excess in the secretion are precipitated.

Q. Would you advise a fast with a few glasses of fruit juice every day for one who has been a heavy eater?

A. It would not do any harm, especially if he is too fleshy.

Q. What kinds of food and how much should a person who is subject to depression and despondency eat?

A. He should eat just what he ought to eat or what he needs, and no more. No two people require just the same amount. One should eat according to his height.

Q. If a person remains at the Sanitarium and follows the advice of his physicians, how long will it take him to eliminate auto-intoxication from his system?

A. It depends upon the man and the amount of the intestinal auto-intoxication, and the accuracy with which he follows his prescription. I might say anywhere from six weeks to six years. This thing I must tell you: it is a perpetual fight. You never, never, never can lay it down. You have simply got to keep right on fighting forever. It is astonishing how quickly all these bacteria come swarming back again the minute you stop fighting them.

Q. From a light breakfast consisting of oatmeal, fruit, bread and butter, if the oatmeal is rejected in favor of, say corn flakes, there is no food which is warm. Is such a breakfast healthful? Or, in other words, is it necessary that some part of every meal consist of hot food?

A. It is not at all necessary to eat hot foods. In fact, it is better not to eat hot food. It is better to take food at the ordinary temperature. The hot food has a relaxing effect upon the stomach, and most stomachs are too much relaxed already. Food at the ordinary temperature is certainly better.

Q. Do fruits and vegetables containing oxalic acid cause uric acid?

A. No, but they cause the same disorders that uric acid does.

KODAK

KODAKS, \$5.00 to \$105.00



BROWNIES, \$1.00 to \$12.00



You often hear it said, "I'd give anything for some pictures of my children when they were little ones."

NOW is the time to get a KODAK, before your little ones are any older."

LET US SHOW YOU

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Tailored Belts Made to Order, in leather and linen.

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TV

PERSONALS

Atty. George B. Greening of Detroit is resting here.

Atty. C. Thorne of Washington, Iowa, is resting here.

Mrs. Helen Shoecraft of Coldwater, Mich., is a patient here.

Mr. J. M. Dawson of Petrolia, Ont., is here for treatment.

Mrs. Philip Hoffman, N. Y., is a patient at the Sanitarium.

Mrs. Charles H. Jones of Weston, Mass., is sojourning here.

Mr. and Mrs. E. Bailey of Champaign, Ill., are patients here.

Mrs. C. W. Brown of Joliet, Ill., is here for rest and treatment.

Mr. F. R. Kenyon of Pittsburg, Pa., is taking a needed rest here.

Mrs. W. A. Woodcock of Hot Springs, Ark., is here as a patient.

Mr. and Mrs. J. C. Rogers of New York are newly arrived guests.

Miss Margaret Beatty of Chicago is a recently arrived visitor.

R. T. Pierce of South Haven, Mich., is a patient at the institution.

Dr. C. A. Palmer of Princeton, Ill., is a patient at the institution.

Prof. E. G. Lancaster of Olivet College paid a brief visit here this week.

Mr. and Mrs. C. Houston of Tulsa, Okla., are patients at the institution.

Mr. Matthew Nelson of Cincinnati is here taking rest and treatments.

Dr. W. A. Conlon of Detroit is paying a visit to the institution this week.

Mr. and Mrs. A. J. Mitchell of Cleveland, O., are patients at the institution.

Mr. and Mrs. H. L. Chapman of New Hampshire, O., are recent arrivals.

Mr. J. W. Blessing is one of the several guests to arrive this week from Ohio.

Mrs. B. T. Otto and sister, Mrs. P. O'Leary of Manistee, Mich., are patients here.

Mrs. J. W. Agler of Wakefield, Neb., is a recent visitor to arrive from the west.

Mrs. Martha Keiler and daughter, Mrs. T. G. Roe of Marion, O., are patients here.

Mrs. W. L. Browne of Des Moines, Iowa, arrived this week for rest and treatment.

Mr. Nathaniel George of Summit, N. J., is an eastern patient to arrive this past week.

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We carry everything in Up-to-Date Jewelry and Novelties
Repairing of All Kinds Neatly and Promptly Done

217 MAIN STREET WEST,

Opposite McCamly Park

Mrs. S. M. Yutzky and son of Ann Arbor are paying a visit to friends here this week.

Mr. E. P. V. Ritter of New York is paying a visit to Mrs. Ritter, who is a patient here.

The Rev. and Mrs. J. C. Taggart of East Liverpool, O., are visiting here this week.

Mr. M. E. Beman of Thurman, O., is paying a visit to Mrs. Beman, who is a patient here.

Mrs. Charles Anderson of Oak Park, Ill., has come to the institution for rest and treatment.

The Rev. T. M. Morton of Livermore, Ky., is one of our southern visitors, arriving this week.

Mr. Newton Annis of Detroit, Mich., is one of the week's visitors from our neighboring city.

Mr. Oscar Albright of Gallatin, Texas, a former patient, has returned for further treatment.

Mr. and Mrs. L. M. Bowen of St. Helena, Cal., are recent visitors to arrive from the Pacific coast.

Dr. J. M. Watt of Toronto, O., accompanied a patient here this week, and will remain a short time for rest.

Mr. and Mrs. D. M. Pryor and Mrs. Dickerson arrived from Texas this week. Mrs. Pryor and little son are patients.

Mrs. John Barnhart left this past week for her home in New York, after a stay of several months at the Sanitarium.

Mrs. D. Davis of Wapakoneta, Conn., accompanied by Mrs. Ray Doering, arrived at the Sanitarium during the past week.

Mrs. Elizabeth Moyler and son Jack have returned from Columbus, O., where they went to attend the wedding of Mrs. Moylers' older son.

Mrs. Thomas Cole of Greeley, Iowa, and mother, Mrs. Jane Graves of New York, have arrived this week and will remain for treatment.

Mr. and Mrs. J. H. Coburn of Indianapolis, frequent visitors to the Sanitarium, returned this week that Mr. Coburn might have further treatment.

Mrs. E. R. Richardson and daughter, Mrs. Perkins Baxter, arrived the latter part of the week from Nashville. Mrs. Richardson will remain some months as a patient and be joined from time to time by her daughters.

Mr. James D. Burris of Chicago is here for treatment. Messrs. C. H. Ebersol and Byron Field, both of the same city, also arrived this past week.

Miss Gussie Raines of Trenton, Tenn., came to the Sanitarium this week accompanied by her nephew and niece, Albert Biggs and Miss Lottie Biggs, who returned after a few days' stay.

Mr. and Mrs. B. F. McCutcheon of Chicago are sojourning at the Sanitarium. Mr. McCutcheon belongs to the talented McCutcheon family, being a brother of George Barr McCutcheon, the novelist, and John McCutcheon, the cartoonist. Mr. McCutcheon is also engaged in journalistic work and shares the family genius.

News Notes

Freshmen of the A. M. M. C. have begun work in physiological chemistry and in the embryological laboratory.

Mrs. Minnie Emmons and little daughter returned last week from their trip to the south. Dr. Geisel stopped en route and did not return until the first of this week.

Dr. De Lhorbe-McCormick of Toronto and little daughter Helen, aged five months, are visiting old friends here this week. Dr. McCormick accompanied a patient here.

Dr. W. H. Riley is giving a series of ten lectures on the anatomy of the nervous system to the freshmen. The lectures are illustrated by the stereopticon and are a valuable series.

Mrs. J. T. Case and Helena Kellogg-Case have assumed charge of the dispensary work. Dr. Colver, formerly in charge, is acting as registrar of the college during the absence of Dr. Harris.

Dr. Paul and Dr. Linnie Roth left on Monday for New York whence they sailed for Paris, where they will make their future home. Sailing on the same vessel, The Adriatic, were Drs. Harris and Heynemann.

A surprise farewell was given Drs. Paul and Linnie Roth at their home Saturday night by former classmates, '04, A. M. M. C. The guests included Mrs. Elwell, Stoner, Johnson, Risley, Dr. and Mrs. Colver, Drs. J. T. and Helena Kellogg-Case and Dr. De Lhorbe-McCormick of Toronto.

Employees and college students have recently formed a permanent musical organization to be known as The Mendelssohn Male Chorus. Mr. O. C. Edwards has been elected president, B. G. Stephenson, vice-president; William Vandervoort, secretary; Mrs. D. Howe, pianist. The following are the members: First tenors, T. Carner, J. E. Alcorn, H. Jaques, A. E. Babcock; second tenors, H. P. Reese, O. C. Edwards, A. Orbison, H. H. Taylor; first base, D. O. Babcock, R. Hummel, W. Vandervoort; second base, B. G. Stephenson, G. C. Mathewson, N. C. Babcock, G. M. Alcorn, S. J. Alden.

\$36.28 TO THE PACIFIC COAST AND MANY INTERMEDIATE POINTS

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During March and April, 1909. Tickets good in tourist sleepers by paying berth rate.
Please ask for full particulars.

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Citizen's Phone, 1109

4-4-5r

Mr. and Mrs. L. C. Coulston and family and Parley Coulston and wife left Friday for Loma Linda, Calif., where they will reside in the future. Mr. Coulston will be missed by Sanitarium patrons. In his capacity of porter, his affability and fund of information have had constant demands made upon them by the six thousand visitors who visit here each year, and he never failed in courtesy or helpfulness.

Class of 1912. American Medical Missionary college, surprised Dr. George Dowkontt on Sunday at chapel service by reminding him that it was his birthday anniversary. Handsome roses bore fragrant evidence of their esteem and affection and a treasure box containing a small scroll from each member of the class on which were inscribed poems and other kindly messages, was given him. In the afternoon at the East Hall missionary service the missionaries now visiting here formally congratulated him and presented a handsome gold headed umbrella, together with an autograph book containing their names and good wishes. The doctor was quite overwhelmed at first, but later collected himself and expressed his thanks in a characteristic manner.

ARRIVALS

THE list of arrivals for the week ending April 26 is as follows: M. B. Lande, N. Y.; Anna M. Allen, R. I.; E. M. Lacy, Mich.; Myrtle H. Eades, Mich.; E. J. Lancaster, Mich.; M. E. Beman, O.; C. E. Wolfenden, Wis.; John Sheler, Mich.; J. Davidson, Ala.; C. B. Stephenson, Ind.; Mrs. P. Hoffman, N. Y.; L. J. Cutter, J. A. Gibson, O.; Mrs. E. R. Stewart, city; Mrs. W. L. Brown, Iowa; E. B. Lamme, J. W. Alger and wife, Neb.; F. B. Tombe, Pa.; C. Thom, Iowa; D. D. Richardson, Ill.; Mrs. A. J. Mitchell, O.; Emory A. Walling and wife, Pa.; J. C. Taggart and wife, O.; Mrs. Mary E. Drumheller, O.; Mrs. R. O. Green, Iowa; Robert J. Green, Iowa; Mrs. J. T. Brehms, Ill.; C. H. Ebersal, Ill.; Mrs. A. Bethke, Ill.; Miss M. Wivon, O.; J. W. Brookhart, Iowa; Harry S. Chapman, O.; Mrs. Harry S. Chapman, O.; T. H. Robinson, London; Henry Waker and wife, O.; Ben McCutcheon and wife, Ill.; H. Coburn and wife, Ind.; J. B. Oliver, Ill.; L. B. Coolidge, O.; T. M. Martin, Ky.; Mrs. M. H. Pitcher, Mich.; Oscar Albright, Tenn.; James Anderson, Pa.; Margaret Beatty, Ill.; Byron Field, Ill.; Mrs. R. O. McGraw, Tenn.; Mrs. W. A. Woodcock, W. C. Woodcock, Ark.; Mrs. C. W. Brown, Ill.; Mrs. B. F. Otto and Mrs. P. F. O'Leary, Mich.; E. H. Hutter, Iowa; J. M. Dawson, Canada; Miss Cynthia Allen, O.; M. J. Allen, O.; Dr. Florence McCormack, Miss H. M. Robinson, Toronto; Andrew Uamble, Tenn.; Lawrence Becker, Ind.; N. George, N. Y.; D. M. Pryor and wife, Texas; Mrs. Dickerson, Texas; A. Knoph, Ill.; C. A. Palmer, Ill.; Henry E. White, Jr., Pa.; N. K.

Arnoff, Ill.; Mrs. Charles Wright, city; T. Barron, Ill.; N. W. Taylor, Ill.; Mrs. E. B. Lamme, Mont.; Henry Brady, Col.; B. Pease and wife, Wis.; Mrs. E. R. Richardson and Mrs. Perkins Baxter, Tenn.; Blanche Way, Mich.; Mrs. M. Parkinson, Mich.; H. H. Albert, Ind.; L. M. Bowen and family; Mrs. S. M. Yutzy and son, Mich.; C. L. Whitaker, O.; Mr. and Mrs. W. V. Tobey, O.; Fred Hoppner, O.; Joseph Simons, Ill.; Helen L. Shoecraft, Mich.; W. J. Richards, Pa.; J. M. Watt, M. D., O.; F. R. Kenyon and wife; Mrs. Charles H. Jones, Mass.; George B. Greening; W. A. Conean; Mrs. E. S. Miller, Ind.; W. M. Simpson, Ill.; W. J. Smith and wife, city; Wendell Smith; Leah Ward, Mich.; Mrs. Clara Ward, Mich.; Mary Edwards; H. B. Brown and son, Ind.; Mrs. H. W. Hawley, Mich.; R. T. Prine, Mich.; Frank Baker, Cal.; Mrs. M. Matson, Idaho; Matthew Nelson, O.; James M. Tarrathes, Canada; Mr. and Mrs. Jacob C. Rogers, N. Y.; E. Bailey and wife, Ill.; Mrs. Charles Anderson, Ill.; Mr. and Mrs. C. A. Houston, Okla.; R. M. Wanamaker, O.; E. P. V. Ritter, N. Y.; Elizabeth D. Moyer and son, O.; Mrs. J. W. Jewell, O.; E. S. Gordon, Okla.; Albert W. Biggs, Tenn.; Miss Gussie Raines, Tenn.; J. M. Oliver, Ill.; B. F. Green, Ind.; Charles E. Edwards, Mich.; Mrs. Ray Doering, O.; Mrs. D. D. Davis, O.; M. Luby, O.; A. J. Luby, O.; Gwen Francis, Ill.; J. M. Blessing, O.; Mrs. Thomas Cole, Iowa; William T. Annis, Mich.; W. L. Gilmore, Ind.; William H. White, Mich.; Mrs. J. Wingfield, Wash.; Charles G. Stevens, Ill.; J. Schultz, Ind.; Helen Copelin, O.; George Shepherd, Ind.; W. L. Tedrow, Mich.; W. E. Newark, Mich.

HOW TYPHOID IS SPREAD

TYPHOID, one of the most loathsome of the many diseases with which human beings are afflicted, is spread in many ways. It is essentially a filth disease. The dairyman who supplies your milk may have an infected well. His cans and bottles are washed with the infected water and this means that the milk will be infected. A person sick with what is known as walking typhoid may spread the infection broadcast. A polluted water supply is not infrequently the source of a community epidemic of this disease.

Flies are recognized carriers because of their habits and because of their presence in the homes. And yet typhoid is one of the recognized preventable diseases. Destroy or abolish the source of infection and the spread of the disease is stopped at once. This means that milk, water, and food must be kept untainted, and the dangerous little housefly must be kept out of all places of human habitation.

And remember that every death from typhoid is due to some one's carelessness that, in this day of intelligent sanitary administration, is little short of criminal.—Daily Health Note.

Very low rates to San Francisco, Los Angeles and San Diego, California, and return, on certain dates beginning with May 6th. Return limit, October 31st. Liberal stop-overs allowed in both directions. For full particulars ask Grand Trunk Railway System ticket agent. 4-22-6w

The Seventh Day Baptist Church of Battle Creek

Holds regular services every Sabbath (Saturday) in the chapel, second floor College Building, Washington Street, opposite Sanitarium, at 2:45 p. m.

Visitors cordially welcome. Chapel third door to right beyond Library.

Pastor Rev. J. G. Burdick,

81 Barbour Street, Battle Creek 4-4-12c



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THE BATTLE CREEK IDEA

Vol. II No. 22

BATTLE CREEK MICH. MAY 7 1909

Price 2 Cents



THE EARLY STAGES OF BRIGHT'S DISEASE

Dr. J. H. Kellogg in Lecture before Sanitarium Patients Tells How These Are Manifested

A DISEASE OF THE ENTIRE BODY

"The early stages of Bright's disease were for many years disregarded, but within the last few years eminent French physicians have called attention to what they call the little symptoms of Bright's disease. These little symptoms are the most important of all because they can be discovered if looked for. They can be discovered early enough so that the disease can be cured in what is known as the pre-nephritic stage. Bright's disease, in the first place, is not a disease of the kidneys, but a disease of the whole body. It is manifested in the kidneys only because the kidneys get the worst of it, and the manifestations are more pronounced and more decided in the kidney than in any other part.

"But a man never gets Bright's disease unless he has something else with it. The liver is (Continued from page 3)

PRISON EVANGELIST PAYS VISIT HERE

Rollo McBride of Chicago Addresses Audiences at the Sanitarium and Tells of Work Among Prisoners

A SUNDAY MORNING IN JAIL

ROLLO H. MCBRIDE of Chicago, who for the past few years has been an active worker in the Railroad Y. M. C. A., the Life Boat Mission, the John Worthy School for Boys and among the prisoners of Harrison Street Police station, paid a visit to the Sanitarium this week, speaking on Sabbath morning and afternoon and on Sunday evening before the guests and helpers.

Mr. McBride started out as a railroad man and had climbed up step by step until he was earning a salary of \$400 a month. The drink habit fastened itself upon him and ultimately (Continued on page 5)

English Dietitian a Guest Here

Dr Alexander Bryce of Birmingham Arrived This Week for Fortnight's Stay at Sanitarium

DR. ALEXANDER BRYCE, a prominent English dietitian, and a practicing physician of Birmingham, Eng., is a guest of Dr. Kellogg's at the Sanitarium, having arrived early in the week. He expects to remain for a fortnight investigating the system here, and then will return to New York and other eastern points to confer with scientists. Before coming here he visited Prof. Chittenden at Yale, looking into his nutrition experiments. Dr. Bryce will confer with Prof. L. B. Mendel of Sheffield Scientific school and will be accompanied home by Prof. Chittenden.

A new chair of dietetics to be endowed by a prominent Englishman is soon to be founded, and Dr. Bryce has been prominently spoken of as its first occupant.

Dr. Bryce does considerable literary work along medical lines and is now engaged on a book which will be published by John Bale, Sons, and Danielson of London, to be called "Personal Health and Diet."

SUMMER SCHOOL FOR PHYSICAL EDUCATION

Plans Complete for Establishment of New School to Train in Physical Culture

AN ECONOMICAL VACATION

PLANS have been completed for the establishment of The Battle Creek Sanitarium Summer School for Physical Education. Work will begin July 1 and continue for ten weeks. It will include physical culture, hydrotherapy and massage, together with some of the medical sciences, such as physiology, anatomy, histology, bacteriology, etc.

The summer course will represent the first quarter's work of the School for Physical Training, which will open the first of October for eight months' training, the course to cover two years.

(Continued on page 3)

THE SPINAL CORD AND SOME OF ITS DISEASES

Dr. W. H. Riley Tells Sanitarium Patients of This Part of the Body's Great Nervous System

INFANTILE PARALYSIS

(Continued from last week)

"Infantile Paralysis: One of the most common and also the most serious inflammatory disease of the spinal cord is what is usually known as infantile paralysis or infantile palsy. It has received this name because it occurs more often in infancy or early childhood. This disease has received many names by medical writers, the most common of which is poliomyelitis anterior which means an inflammation located in the anterior horn of the gray matter of the spinal cord.

"Causes: This is a disease that occurs more often at certain periods of life. Authorities tell us that the great majority of the cases occur before the tenth year and fully three-fifths of them occur under four years of age, and cases are particularly numerous during the last half of the first year. However, the disease may occur at any time in life and cases are sometimes seen in young adults and in middle age, and even as late as sixty years of age. In regard to sex, there is no great difference in its frequency, affecting the male perhaps rather more often than the female. The difference here is not great. Exposure to cold, dentition and injuries to the body are alleged causes, but it cannot be very definitely proven that any of these are really active causes in producing this disease. The great majority of cases occur during the summer and fall months when the weather is hot and dry. Some authorities report that eighty per cent occur between the months of June and September inclusive.

"The above are what may be called the predisposing causes. The real exciting causes is always some infection; that is the germs get into the body, enter the circulation and are carried by the blood current to the spinal cord and there an inflammation is set up which produces the symptoms of this disease. Consequently we very often see it in connection with or following an acute specific disease such as scarlet fever, diphtheria, measles, typhoid fever, pneumonia, influenza and other acute infectious diseases. It may occur independent of any of the above mentioned diseases, the infection coming from some other source. It very often occurs in epidemics, and this is another strong argument in favor of the idea that the paralysis is due to an infection. Dr. Starr of New

York City, who recently wrote an excellent article on this disease, reports forty-four epidemics in different parts of our own and other countries in recent times. Severe epidemics have been reported recently in the state of Michigan, in New York City and in other localities.

"Pathology: Pathology has to do with the study of the changes which occur in the tissues as the result of some disease process. The circulation of blood in the spinal cord is peculiar. The blood vessels are arranged in such a way that the blood from certain blood vessels is brought to certain parts of the cord while other blood vessels distribute the blood to entirely different parts. The blood passing to the anterior horn of the gray matter of the spinal cord is supplied by certain fine branches that pass off from the main artery. It is thought that the infection in this disease passes along the blood vessels into these fine branches and is carried to a particular spot or area in the gray matter of the spinal cord, that is in the anterior horn of the gray matter of the spinal cord. This explains how it is that this disease is so localized. This anterior horn of the gray matter of the spinal cord is no greater in area than the area of a transverse section of a small pea, and yet when this spot is diseased it causes serious symptoms of paralysis and wasting of the muscles. It is thought by those who have studied this disease carefully that the first thing that happens is that these little, fine blood vessels become stopped up by the germs and fine clots of blood which float in the blood vessels until they reach these very small arteries or the artery becomes thickened. There they cannot pass, the blood vessel is stopped up, the blood supply is cut off from the tissues, and as they are not properly nourished by the blood that is brought to them, the tissue undergoes an acute softening, degenerates and this is the beginning of the pathological changes in this part of the cord produced by this disease. Following this acute softening there is an inflammatory reaction and on account of this change in the anterior horn of the gray matter of the cord, the nerve cells and the nerve fibers undergo a degeneration. Some of them are completely destroyed, others are partly degenerated and thus the function of this part of the nervous system is diminished or lost. This is what causes the paralysis and the wasting in the muscles of the limb or any other parts of the body that may suffer on account of the disease in the cord.

"The part of the cord that is most often affected is the lower part—what is known as the lumbar enlargement of the cord, but other parts may be affected also and this acute softening and inflammation which occurs in the gray matter of the cord may affect several different regions either on one side or on both sides of the spinal cord, and so we may have as the result of this paralysis and wasting of the muscles widely distributed in different parts of the body.

"After the acute stages of the disease has passed away there can be found in this part of the cord larger or smaller openings where the tissue has been completely destroyed. The nerve fibers which are attached to the nerve cells in the cord that have been degenerated also degenerate and this degeneration can be followed along the nerve trunk or throughout its whole length clear up to where it ends in the muscle. The muscles that are supplied by these nerves also undergo a degeneration. The muscle fiber shrinks, becomes smaller and finally undergoes a fatty degeneration and the muscle substance is in this way to a greater or less extent destroyed. Some muscles waste away completely, others only partially. In a well-developed case

of this disease the physician after making a careful examination will find muscles in all degrees of wasting and atrophy.—Some of them completely wasted and degenerated and others only slightly so, and between these two extremes all variations may be found in the different muscles that are affected by the disease.

"Sometimes the disease extends upward and affects what is known as the motor nuclei in the brain and we have paralysis of the muscles of the face and of the muscles that move the eye ball, the muscles of deglutition; the muscles of the throat are differently affected depending upon the particular nerve center that may be affected in the brain.

"Symptoms: The symptoms of this disease vary with the onset, development and the progress of the disease. For the purpose of a study and a classification of the symptom, the course of the disease may be divided into four different periods:

"(1) The onset or the invasion of the disease. This period lasts from a few hours to a few days, depending upon the degree of rapidity with which the disease develops. During this period the child has fever ranging from 100 to 102 or 103° Fahrenheit. The disease may start with a chill. The fever continues for a few days; during this period the patient has more or less disturbance with his digestive tract. He may have nausea and vomiting, constipation or diarrhea. He may also have convulsions and in some children there may be mild delirium. In not a few cases the patient goes to bed at night with a fever, having a temperature as above mentioned and awakes the next morning with one or more limbs paralyzed. The character of the paralysis is what is usually called flaccid; that is the muscles are relaxed and soft as well as paralyzed. As above indicated, this paralysis develops quite suddenly; that is, it occurs during the invasion period and is fully developed in a few hours or at most two or three days. The paralysis most often affects the legs, at least three times as often as the upper extremities and the left leg is said to be affected twice as often as the right. Sometimes one arm and two legs are affected, and very rarely all four extremities are paralyzed. I have a case of this disease under my care at the present time where all four extremities and the muscles of the trunk are paralyzed. The disease at this time is fully developed. All the different symptoms which usher in the disease have made their appearance and the patient passes into the secondary or stationary period. This lasts from four to six weeks and during this period there is little or no change in the symptoms which made their appearance during the first period.

"The so-called reflexes are diminished or lost early in this disease, and we also have in about a week or ten days what is called a reaction of degeneration in the nerve. This consists of certain responses on the part of the nerve and muscle to different forms of electricity when applied to the muscles and the nerves. In no other disease that affects the nervous system do we have so well marked typical electric reaction of degeneration of the nerve as in this disease. A very peculiar condition with reference to diseases of the nervous system is illustrated in this disease, and that is that the disease sometimes picks out certain parts of the nervous system and leaves other parts intact without affecting them. This disease affects that part of the spinal cord that has control of the voluntary movements of the muscles and also the nutrition of the muscles; hence the muscles are the principal parts at least, that suffer.

"We have no loss of sensation in this disease. There is no so-called sensory paralysis, and this little patient when examined after the paralysis has been developed can feel pain

and touch and heat and cold when applied to the skin just as well as he ever did, and he is able to feel these all through the different periods of the disease, so that there is no loss of sensation. The sensory fibers are not affected in this disease. Sometimes there is a pain in the back and often the pain may extend down the limbs and this may be due to one of two things: perhaps to the involvement and injuries to the cord or to what may sometimes be thought to be a neuritis which extends down the nerve trunk and irritates and pain and some other such sensory disturbances, but there is never any loss of sensation, and these above mentioned sensory symptoms of pain are by no means seen in all cases. The bladder and bowels are not usually affected in this disease. In this respect it differs from the other forms of inflammation of the cord which we have previously described.

"After the first two or three days the first period terminates and the patient enters into the second period, and this second period is called the stationary period. During this time the patient's condition does not change.

"Following this second period or stationary period is the third period or the period of improvement. During this time certain of the paralyzed muscles improve. Some of these paralyzed muscles will begin to improve and this improvement will go on to complete restitution of the function of the muscles. Others of the paralyzed muscles will improve to the extent of a partial recovery and there are apt to be some in nearly every case in which there will be no improvement at all and in which the muscles instead of getting better will waste away, become smaller and finally disappear. This period of improvement lasts from six months to a year, and during this time there is a gradual improvement in some of the muscles that have been paralyzed; more in some, less in others, and in some parts at least there will be no improvement at all. At least, this is the way in many cases.

"After the first year during which improvement occurs the patient passes into what is known as the chronic stage of the disease or the stage in which little or no improvement can be looked for. However, the writer is certain that even in these bad chronic cases very much can be done by the proper treatment of the parts with electricity, massage and hydrotherapy, and I am sure very much more can be done for these cases in the chronic stage of the disease than has been usually accredited. As the child grows and becomes older the affected limb or limbs do not develop so rapidly as those which are not affected. Consequently we often see a man or a woman walking along the streets with one limb very much shorter than the other or perhaps the sole of one shoe or boot built up or made very thick so as to lengthen the leg on the affected side. Cases of this kind are usually chronic cases of so-called infantile paralysis where the affected leg has not grown or developed as rapidly as the well leg. If this leg is examined it will be found much shorter than its mate, the bones of the leg are small and short, the muscles are also small and atrophied, some more, some less, some are entirely absent. The limb is very cold to the touch of the hand, the temperature being much below the normal, and the limb has a cyanotic appearance on account of the poor circulation. Various deformities show themselves at this time, the muscles that are paralyzed allowing the joint surfaces to become displaced so that they are not promptly adjusted to each other, and this allows the foot to drop and various other turnings of the foot and joints which produces various deformities. Sometimes the healthy muscles also contract and remain contracted or contracted for weeks,

months and even years, aiding in the deformity of the joint and the limbs. Curvatures of the spine are also produced on account of the muscular paralysis and wasting of the muscles of the trunk.

"In the chronic period the general health of the patient is perhaps not very much disturbed, but as a rule these people are not robust and as healthy as a normal individual; still they enjoy a fair degree of health. The chronic period of this disease extends over many years in fact may continue clear through the whole life of the individual. It does not to any material extent shorten the length of life, and yet it is a handicap to health and usefulness in life and must have, to a greater or less degree, a deleterious influence on the general health of the individual and perhaps in some cases may shorten life."

BRIGHT'S DISEASE

(Continued from page 1)

crippled, almost if not quite as bad as his kidneys. So long as a man's liver remains intact he does not get Bright's disease. Why? Because the duty of the liver is to keep poisons out. It is the duty of the kidneys to take poisons out when the liver fails to do its work. So if the blood is flooded with great quantities of poisons the kidneys have more of this work to do than they are able to do properly. The contact of such a large quantity of poisons with the kidney finally sets up irritation and inflammation of the kidney or chronic thickening of its fibrous tissues, so that it becomes degenerated. Then these other symptoms, the later symptoms, make their appearance.

"But the early symptoms of Bright's disease are not to be found in the kidney at all; they are not to be found by any urinary examination. One of the very first symptoms of Bright's disease is chronic headaches. Every person who is suffering from chronic sick headaches, periodic headaches, is on the way to Bright's disease. Every person who has chronic autointoxication, sallow skin, dark circles around the eyes, coated tongue, is on the way to Bright's disease. High blood pressure is another symptom which portends the oncoming of Bright's disease.

"I have in mind this very moment a man whom I suspect has Bright's disease. We have made an examination of the urine without finding a single symptom of it so far. But this man has a blood pressure of 215 and he is only 40 years old. What business has he to have a blood pressure of 215? I was going to do a surgical operation on him, but when I found he had this high blood pressure I did not do it. I would not do an operation on a patient with a blood pressure of 215, because that indicates in itself a worse condition than the condition for which I was going to perform the operation. The condition requiring the operation is a trivial matter compared with the high blood pressure, so we must attend to that first and let the other matter go.

"Now we have not found out what is the cause of that high blood pressure. It must be a degeneration of the arteries. It must be hardening or shriveling up of the arteries. Suppose you had to have a certain amount of water—we might talk a few minutes about the blood pressure here so as to have a proper understanding of its significance. You require a certain amount of water. You must have a barrel of water every minute, perhaps, to keep your factory going, and you find the amount of water diminishing. You do not get but half a barrel a minute. You make inquiry and you find the pipes plugged up. There is a coating on the inside of the pipes. The pipes are not so large as they were. They are getting smaller from

the accumulation of coating on the inside so that you are getting but a half barrel of water a minute. What are we going to do? You say, 'Clean out the pipes.' But suppose you can't. What is the immediate remedy to increase the supply of water? Evidently, to increase the force of the pump. Pump twice as fast and get up more pressure so the water will travel through faster and in that way you can get the same quantity of water through a small pipe by raising the pressure.

"Now that is exactly what the body does. That is why the blood pressure is raised, because the arteries have been diminished in size. There has been a thickening of the walls and a shrinking of the arteries in the body until the amount of blood that can be circulated to a given organ is less than it ought to be. The heart is working harder to get the same amount of blood through the small arteries. There is a reflex condition in the body which produces this result; so obviously it is not simply a question of bringing the blood pressure down, because we must have the blood circulate. We must remedy the cause, we must clean out these pipes if we can. We must find out what causes the rise in blood pressure. Unquestionably it is autointoxication, the circulation in the blood of poisons which have irritated the arteries. That is why the arteries have become thickened. They have been irritated by poisons circulating through them, and this hardening of the arteries is caused by exactly the same condition that brings about hardening of the liver and hardening of the kidneys. That is what makes Bright's disease. So in a person who has Bright's disease we find the arteries diseased all through the body. The same disease is to be found, if not everywhere, at least in some large areas like the abdominal area, the splanchnic area, so-called, etc. The spleen and the liver are likely to be hardened and the brain also, so that a man with Bright's disease is likely to have apoplexy too. So it is very important for us to know.

"Every man whose life is of value in the world, and who feels that it is worth while to live and to get as much efficiency as possible out of life, ought to have an examination once every year after he is 40 years of age. He ought to have an examination every year of his life, a thorough inventory of his case taken, to know where he stands,—to know how his kidneys are and what they are doing, to know what his liver is doing, to know the efficiency of the heart and the lungs and the blood. If men would only stop to think of it they could take the difficulty in time. It would be like putting out the fire when it was simply a little spark without waiting until it had burned its way all through the basement up through the partitions and walls of the house, until it finally bursts out through the roof.

"A man goes to the doctor. The doctor makes an examination and finds albumins and casts in the urine, and says, 'You have Bright's

disease.' That is the flame bursting out through the roof from the top story window, and now that it has become apparent that there is something serious the matter, the whole house has been burned through. There have been years and years of deterioration as the result of these poisons acting upon every tissue of the body, and the same poisons that have been acting upon the kidneys have been acting upon the brain and every other tissue. All the tissues of the body are deteriorated and degenerated along with the kidneys. That is the reason why I say Bright's disease is not a kidney disease, but a general disease of the whole body."

SUMMER SCHOOL

(Continued from page 1)

The plans for the summer school will fit in admirably with the vacation periods of teachers and college students who desire to spend their vacation profitably. The work will be of the most thorough character, the instructors to come from the Sanitarium staff of physicians and the Medical College faculty. The students will have the privileges of the gymnasium both outdoor and indoor, together with the laboratories, medical library, etc.

The beauty of the surrounding country, the advantages of the walking club and facilities for outdoor sports, such as tennis, golf, canoeing, sailing, etc., will doubtless prove a drawing card to many men and women who wish to combine valuable work with a pleasurable vacation. They will be given an opportunity to work a few hours each day in the Sanitarium, thus paying for room and board, so that the expense of the summer's advantages would be practically nil.

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How else canst thou be master of thyself?
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Keep watch upon thyself
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Six Months	- - -	.50
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VOL. II MAY 7, 1909 No. 22

SPRING COLDS AND HOW TO AVOID THEM

THE "oldest inhabitants" have been kept busy the past few weeks averring that they have never before experienced such weather in April. The kaleidoscopic changes that took place last week, from sunshine to shadow, from rain to snow, coupled with thunder, lightning and rain made profitable conversation for days. It also made other things, for hundreds of individuals, either through careless exposure or indiscreet diet suffered from sudden attacks of spring colds, annoying in the extreme and attended by many uncomfortable symptoms. There is something about a cold taken in the spring that arouses the resentment of the afflicted person. A winter cold, while disagreeable, can be borne, but a spring cold is held to be unseasonable and outrageous and is rarely accepted with the proper spirit of grace.

First and foremost a cold is not a cold at all, but a heat, a fever. It is an infection due to the lowering of the vital resistance. Some part may become congested, and the resistance of the body being lowered, the bacteria in that vicinity find opportunity to develop and they set up an irritation, with the result that one has a "cold in the head," or catarrh of the stomach or of some other part.

One takes cold by the prolonged chill of some part, resulting in the relaxation and congestion with stasis of the blood in some related part. If you chill the back of the neck you will have congestion of the throat; chill the soles of the feet and you may have congestion of the bladder, of the stomach or the bowels, or kidneys, or almost any part of the body.

Sometimes there is a general infection of the whole body, there is a rise of temperature, the limbs are languid and one feels miserable. In cases of this kind the thing to do is to fast, drinking copiously of water. Fruit juices and even solid fruits, apples, oranges, lemons, grapes, etc., are good also, provided they are ripe and in good condition. The acid fruits are disinfectants and as such are beneficial, destroying the germs in the alimentary canal.

Absolute rest in bed, with plenty of fresh air circulating about is another aid in restoring to normal health. If the lungs are clogged up, and there is hoarseness, a chest pack, made of a towel wrung out of cold water covered with oiled muslin or newspaper, then several layers of flannel will usually drive it away.

Cold baths daily, plenty of fresh air and exercise, together with a low protein diet should build up the vital resistance to such a point that one would be immune from sudden colds.

INFLUENCE OF SLEEP UPON DIGESTION

THE influence of sleep upon digestion has been studied by Schüle, of Fribourg. Two healthy persons were given test meals. One was allowed to go to sleep directly after the meal, the other kept awake. By means of a stomach tube the contents of the stomach were withdrawn and examined. Next the experiment was reversed, as regards the two subjects, and repeated many times. Schüle found that the effect of sleep during digestion is to increase the acidity of the gastric juice and to decrease the motility, or muscular activity of the stomach. The increased acidity of the gastric juice was believed by the investigator to be due to irritation resulting from the prolonged retention of the food in the stomach. Schüle observed that resting in a horizontal position after eating encouraged digestion without an increase of acidity, but it was necessary that the patient should remain awake, as otherwise the stomach became less active than normally, food was too long retained in the stomach, an excess of acidity was formed, and the stomach was irritated and thereby damaged.

"This interesting observation explains the frequency of catarrh of the stomach among those who eat hearty meals late at night," says Dr. Kellogg in *Good Health*. "Eating the heartiest meal of the day at half-past six or seven o'clock, or even later, is unquestionably damaging to digestion, and a prolific cause of chronic gastritis and other digestive disorders. No food should be taken within three or four hours of retiring. This allows the stomach an opportunity to complete its work and empty its contents into the intestine. Sleep does not interfere with intestinal digestion.

"In an experiment made many years ago two dogs were fed a hearty meal. One was allowed to sleep behind a stove, the other was taken on a fox hunt. It was found that the sleeping dog had digested his meal, while the meat eaten by the other was still in the stomach. This fact has been long used as an argument in favor of eating just before retiring, or at least as a proof that no harm can result from the practice. The conclusion, however, was not legitimate, since the experiment merely proved that lying quietly in a warm corner had a better effect on digestion than racing over the country at a high rate of speed in the excitement of a fox hunt. If one dog had been permitted to sleep while the other remained awake the results doubtless would have been different.

"Dr. Schüle has now by his experiments upon normal human beings clearly demonstrated that sleep is prejudicial to digestion. It is to be hoped that as wide circulation will be given to the proofs of error as to the false teachings which have long been current."



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Classes are organized April 1 and October 1. Applications are received whenever vacancies occur.

For further information or particulars regarding the school, address the

Battle Creek Sanitarium & Hospital Training School

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PRISON EVANGELIST HERE

(Continued from page 1)



HARRISON STREET POLICE STATION

he found himself drifting about Chicago penniless, without friends or home, his wife having died of a broken heart. He drifted into the Life Boat Mission on State Street—the mission founded by Dr. Kellogg and his associates—and there became converted. He began at once to work in the mission and became such a power for good that he later was appointed secretary of the Garfield Branch Railroad Y. M. C. A. and for the past five years has been doing a splendid work among the men. He has not confined himself, however, to that association, more unfortunate classes appealing to his sympathies. For several years he has each Sunday morning visited the Harrison Street Police station, joining a little party of consecrated men and women who, through their prayers, songs and practical advice and sympathy have been able to bring hope and courage to hundreds of prisoners. This work and that with the boys of the John Worthy School, has so engaged his sympathies that he has recently resigned from his position with the Y. M. C. A. and is about to start on an evangelistic campaign in the prisons of the country. He has the hearty endorsement of Chief of Police Shippy, the jailers and matrons, Dr. David Paulson, ministers and others who have known of his work.

In the five years that Mr. McBride has been visiting the Harrison Street station he has come in contact with 14,725 prisoners. "Out of that number," said he, "12,295 have not only raised their hands for prayer but have actually knelt behind the bars, when we have prayed for the Father's help."

While members of this little band of faithful workers are able to relate to their audiences many stirring incidents of the meetings and tell many a pathetic story that comes to their notice, one gets but a poor realization of the real helpfulness of the work until he has personally visited the prison and seen the groups of discouraged prisoners, who have been "run in" for over Sunday and are awaiting their Monday morning sentence.

The writer had the privilege of visiting the station some few weeks ago and spending the entire morning with the workers. It was a dark, gray morning, with murky skies and a raw wind blowing off Lake Michigan. We entered the prison office and were pointed down the dark stairway leading to the gloomy corridors, along each side of which are the iron cages, with their wrecks of humanity packed inside. The narrow stairs were deeply worn by the print of the thousands of feet that have trod them. It made the heart sick to think of what misuse of life those worn steps represented—of the discour-

agement, desolation and crime that were associated with them. But as we wended our way down in the blackness, there fell on our ears a song of trust and hope and cheer, sung by a young woman, who is using her divine gift for the service of the Master, in this way. Later we learned that she had refused all salaried offers to sing in churches and that she frequently sang seventeen solos on a busy Sunday. What that song and the words of the various workers, must have meant to the poor friendless men and women behind the bars, we could only imagine by the eagerness with which some of them asked for more, or told their story to sympathetic ears.

Among the workers were a man and his wife who a few years ago were living a life of crime in Chicago, fleeing their fellowmen and spreading unhappiness on all sides. Through their conversion, accomplished in the Life Boat Mission, they are now among the most helpful workers in Chicago's underworld, influencing daily the lives of those about them and spending every spare moment in evangelistic work. Another familiar figure is that of Mrs. Swanson, matron of the Life Boat Rescue Home, who is known as a loving "mother" to hundreds of unfortunate girls who go to her in their extremity. Her sweet face and entire womanliness, at once attracts women prisoners to her and she has personally been able to give strength and courage to many a discouraged, homeless, friendless soul.

Another faithful worker, whose visiting nurse's garb proclaims her practical helpfulness, is Mrs. Caroline Louise Clough, who for eight or nine years has never missed a single Sunday morning service at the jail. Sweet of face, gentle of manner and with a deep understanding of the discouragements that surround the women of the "down and out" class, her presence is always looked upon as a benediction by the prison officials. There were other mission workers and singers in the little group that morning and they gathered about the small box organ, played by one of their members, and sang old-fashioned, soul-stirring hymns, such as "At the Cross," "Throw Out the Life Line," "Ninety and Nine," and other favorites, many of them familiar to the prisoners, who in their innocence and youth had sung them in happy homes beside their mother's knee.

It was gratifying to watch the manner in which the service was listened to and shared by the prisoners. In the women's corridor that morning was a typical assortment of prisoners: in the first cage were three darkey women and a white girl, the latter so far depraved that she looked hardly human; in the adjoining one a girl lay on the hard bench sleeping off the effects of "dope," to use the prison vernacular; near her, also lying on a wooden bench was a young woman, whose beauty had evidently been

her downfall. She puffed cigarettes nonchalantly during the services and when asked by one of the visitors if she needed any help or wished to be prayed with, laughed and assured them that she was "on the straight road to hell." Later at a sympathetic word from a kindly woman, her bravery vanished and she bit her lip in an effort to keep back the tears that would well to her eyes. Not quite lost to shame, it was plain that it only needed the right sort of help and environment to change her path completely and turn her from oblivion to a life of real usefulness. It is such cases as these that represent the hopeful side of the work, and encourage the little band of workers to come week after week, telling their stories, singing their songs and praying with devout faith their tender prayers to the source of all help.

Into each corridor they go, from the women's to the men's then into the criminal ward and later into the ward where the younger prisoners are detained. One young boy that morning sobbed out his story to a motherly visitor and promised to begin anew when he had finished his sentence for forging a check. It was his first offense and his shame was sincere. He told of his good mother back in New York, who trusted him and whom he swore should never know of his disgrace. When they asked for favorite hymns he asked them to sing "Yield Not to Temptation" and the tears trickled down his cheeks as the familiar words were sung by the little group. About him were older prisoners, many of them steeped in crime, to whom being "pinched" was a frequent occurrence. What their influence might have been upon the impressionable youth, had not the counter influence of the visitors been brought to bear, can only be surmised.

There is no way of reckoning the results of this work. No one but the God over all can read their hearts and know what it means to stained lives to have the one note of purity and loving sympathy touch them in the hour of their direst need, but no one who has visited the prison on a Sunday morning and felt the change in the atmosphere from that of gloom and wretchedness to one of hope and knowledge of human tenderness, sympathy and love, can doubt that it is worth while, and that it has a far-reaching influence for good.

Live, as it were, on trust. All that is in you, all that you are, is only loaned to you. Make use of it according to the will of Him who lends it; but never regard it for a moment as your own.—Fenelon.

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MRS. J. T. MACK

QUESTION BOX DEPARTMENT

EACH Monday evening Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics. Questions must not be sent to the BATTLE CREEK IDEA.

Q. What book on exercise do you recommend?

A. There are several books. Dr. Gulick of New York and Dr. Sargent have both written very excellent books on exercise.

Q. What is the effect of excessive tea drinking?

A. Nervousness, chlorosis, what is known as tea drinker's disorder, is a common effect of tea drinking. It is one of the poisons common to civilization. Tea tipping is really more common than whisky tipping.

Q. What kind of butter is served here at the Sanitarium?

A. The Sanitarium dining-room butter is made in our own creamery, fresh every day, from sterilized cream. It is sterilized butter. That is the reason it is so good. I don't think

ordinary butter is fit to eat. I don't like to eat the butter which appears upon the ordinary hotel table. It represents the concentrated collection of all the germs collected from the barnyard and propagated in the milk.

Q. Is asparagus good for the kidneys?

A. No, neither good nor bad. People with renal trouble better avoid asparagus.

Q. Is lying on the back when sleeping injurious?

A. No, not if you are comfortable.

Q. What is the best way of gaining weight?

A. Eat calories, a little more than you need to keep up your regular weight. If the table says a person of your height should take 1,800 calories per diem, eat 2,000 calories, or 2,200 calories, or, for a short time, 2,400 calories. Eat food that is easily digestible, like rice, rice flakes, rice biscuit, malt honey, butter and cream and similar preparations. Don't take much liquid at your meals, because then you cannot eat a large quantity.

Q. When pineapple is eaten, what other foods should be used with it?

A. Any other foods that are agreeable and adapted to the individual case.

Q. Would very sweet or acid fruit juice agree with or be an irritant to a stomach in a condition of hyperchlohydria?

A. Sweet fruit juice might be tolerated without difficulty, but if there is actual pain and soreness in the stomach, then sweets as well as acids must be avoided for the time being.

Q. Do you consider gum chewing injurious?

A. Now, I would not say it was fatal for a person to chew gum occasionally. The best I can say about that is that if anybody has forgotten to chew his dinner, he may retire into a secluded corner somewhere and chew gum for penance once in a while.

Q. Is distilled water best to drink all the time?

A. Yes, distilled water, or ordinary wholesome well water. Cistern water should be boiled.

Q. What effect does lemon juice have on the kidneys?

A. It has a slightly diuretic effect.

Q. What effect does lemon juice have on the stomach?

A. None at all, unless the stomach is diseased, sore. It is food.

Q. Why do persons increase in weight after forty?

A. They become less active than before forty. less nervously and muscularly active.

Q. What is the difference between hyperacidity, hyperhydrochloria, and hyperpepsia?

A. They are all the same thing.

Q. One-tenth protein, three-tenths fat, and six-tenths carbohydrates is said to be the proper proportion for normal persons. Should a thin person diminish the proportion of carbohydrates and increase the fats?

A. Yes, that is right.

Q. Will a man deteriorate should he discontinue the use of galvanism in locomotor ataxia after having used it twice daily for some time?

A. Not necessarily. If he takes proper exercise, he ought to keep up improvement.

Q. What food will be best suited to making good blood for one who has never recovered his normal supply since an attack of la grippe some years ago?

A. Food he can best digest and relish. It is necessary to relish the food in order to digest it well.

Q. Are cooked cabbage and cooked onions and cooked turnips unwise eating for one who has intestinal autointoxication?

A. Not necessarily. The cabbage may be chewed thoroughly well. If well cooked and well chewed there is no difficulty.

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PERSONALS

Mrs. M. H. Fitch of Pueblo, Col., is a patient here.

Mr. Dan P. Hill of Charleston, W. Va., is a patient here.

Dr. C. S. Bliss of Humbolt, Iowa, is resting at the Sanitarium.

Dr. W. A. Cannon of Detroit is recuperating at the Sanitarium.

Mr. Fred Haffner of Cincinnati is here for rest and treatment.

Mrs. C. E. R. Byrne of Charleston, W. Va., is here recuperating.

Atty. George B. Green of Detroit is here for rest and recuperation.

Mr. J. W. Richards of Warren, Pa., is one of the recent arrivals.

Dr. A. B. Oyen of Chicago is staying at the institution as a patient.

Mr. J. W. Reid of St. Louis, Mo., is sojourning at the Sanitarium.

Dr. J. M. Watt of Toronto, O., is taking treatments here this month.

Atty. C. C. Clark of Burlington, Iowa, is a patient at the Sanitarium.

Mrs. M. A. Warren of Lincoln, Neb., is among the newly arrived patients.

Mr. J. W. Wheeler of Toledo, O., is taking treatments at the institution.

Mr. George Shepherd of Auburn, Ind., has returned for further treatment.

Miss Lenna Haag of Kansas City has returned for further treatment.

Mrs. J. W. Henley of Covington, Ky., is a recent southern visitor to arrive.

Mr. E. J. Goodman of Columbus, O., is numbered among the week's arrivals.

Dr. J. M. Cramer, a practicing physician of Monessen, Pa., is here as a patient.

Mrs. J. Wingfield of Seattle, Wash., is a recent visitor from the Pacific coast.

Mr. and Mrs. W. L. Goodkind of St. Paul, Minn., are here for a few weeks' stay.

Mrs. Frank Bruce of Great Falls, Mont., is a newly arrived patient from the west.

Mr. and Mrs. J. C. Armstrong of Brownville, Pa., have returned for rest and treatment.

Mr. Edward Bailey of Champaign, Ill., is taking rest and treatments here this month.

Mr. W. L. Tobey of Hamilton, O., a newspaper manager of that city and president of the local Y. M. C. A., is here for rest and treatment.

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Mrs. S. Gans and son, E. Gans, of Little Rock, Ark., are here. Mr. Gans is the patient.

Mr. T. R. Kenyon of Pittsburg, a prominent steel manufacturer of that city, is here for rest.

Judge R. M. Wanamaker of Akron, O., has returned to the institution for further treatment.

Mrs. J. Suxley of Winnipeg, Manitoba, has joined her son here and will remain for a few weeks.

Mr. R. T. Pierce, a prominent citizen of South Haven, has returned for a rest at the institution.

Mrs. C. E. Wolfenden of Waukegan, Wis., is spending a few weeks here resting and taking treatments.

Mrs. F. B. Rigby of Lansing, Mich., arrived at the institution this week and will remain as a patient.

Mr. Louis Blass of Little Rock, Ark., who paid a visit here last summer, has returned for further treatment.

Mr. J. C. Armstrong of Brighton, Pa., who has visited the institution in the past, returned this week for further treatment.

Mr. J. W. Blessing of Rising Sun, O., who has been a frequent visitor here for many years, returned this week for a short stay.

Miss Helen Copelin paid a short visit to her mother the past week, returning to her home in Toledo the latter part of the week.

The Rev. William A. Rice, D. D., of New York, secretary of the Ministerial Relief Fund of Congregational Churches, is a guest here this week.

Mrs. W. C. Beckert, who has been a patient here for several months, returned to her home in Pittsburg this week, accompanied by Mr. Beckert.

Col. G. B. Stephenson of South Bend, Ind., left for his home this week after a stay of several weeks here, during which time he improved in health.

Mrs. C. C. Petit of Marion, O., has been visiting Mrs. Martha Keiler who is a patient here.

Mrs. George Parkhill of Alliance, O., is a patient at the Sanitarium.

Mr. John S. Phillips of New York, manager of the *American Magazine*, who has been resting at the Sanitarium for the past few weeks, returned home on Wednesday.

News Notes

Miss Winifred Hyde is spending a vacation in South Dakota.

Miss Florence Emery has returned to the nurses' department.

Miss Jessie Midgley has been enjoying a short vacation this week.

M. W. Wentworth left this week on a business trip to Nashville, Tenn.

Miss Dancy spoke before a club of young women in Kalamazoo this week.

Miss Beatrice Mannering, who has been taking the post-graduate nurse's training, has returned to Chicago.

Word has been received from Chicago by friends of Dr. and Mrs. Henry Harrower of the birth of a little daughter.

Dr. De Lhorbe McCormick of Toronto and little daughter returned to her home on Monday, after a short visit with old friends here.

Four new helpers arrived from Skodsborg, Denmark, the past week. They are, the Misses Riorby, Miss Lauritzen and Valdemar Aagaard.

Dr. J. F. Morse gave a paper on the Anatomy and Physiology of the Spinal Cord before the members of the Battle Creek Medical Society this week.

Mrs. George Dowkontt left Wednesday for the east to join her children. Later she will open their summer home among the Berkshires and be joined by Dr. Dowkontt after college closes.

The Juniors and Sophomores returned this week from Chicago and will begin regular class work next week. All four classes are now at home and the work is progressing in a satisfactory manner.

Miss Cora Mel Patten, principal of the Marden School of Music and Elocution of Chicago, will be a guest at the Sanitarium this week and on Saturday evening give a program of miscellaneous readings.

The regular monthly meeting of the Battle Creek Nurses' Alumni Association will be held next Thursday evening in West Hall parlor at 8 o'clock. Mrs. Martha Richardson will give a paper on "The Opportunities of Nursing" and Miss Leona Sweet on "The Prevention and Cure of Tuberculosis." Miss Cooper will give a talk on "Dietetics—Milk."

Never to know the joy of woodland ways,
Or bow in reverence by the opening flower,
Or watch with awe the storm's Titanic power,
Comrade of Nature in all her moods, all days—
A perfect happiness his life must miss,
Who knows all other bliss, yet has not this.
—Ninette M. Lowater.

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ARRIVALS

THE list of arrivals for the week ending May 3 is as follows: Morris Nathanson, Pa.; Mrs. M. H. Fitch, Colo.; John W. Reid, Mo.; C. S. Bliss, Ia.; Mrs. M. A. Warren, Nebr.; Harry Granfell, Ill.; Mrs. W. E. R. Byrne, W. Va.; W. E. R. Byrne, W. Va.; Mrs. W. H. Bennett, Mich.; J. W. Wheeler, O.; Mrs. B. Pease, Wis.; Otto Sorenson, Ind.; A. B. Oyen, Ill.; W. K. Crackel, Ind.; William A. Rice, N. Y.; Florence Dickens, Conn.; Hawley Jones, Mich.; J. M. Rhodes, Jr., Ind.; C. H. Owens, Ark.; Joseph Pelishek, Kan.; Mrs. S. Gans, Ark.; E. Gans, Ark.; Charles C. Clark, Ia.; Louis Blass, Ark.; Mrs. J. E. Murbank and children; H. Coleman, Md.; W. R. Dorrisson, Ill.; Edward J. Goodman, O.; E. P. Lovejoy, wife and son, Ill.; M. J. Cramer, Pa.; R. U. Brantigann, Pa.; A. Brantigann, Pa.; John Harnsworth, Ind.; Miss C. L. Balke, Ill.; S. D. Houston, M. D., Ill.; H. Hinton, Ark.; J. M. Freeman, Ark.; William Annis, Mich.; Mrs. Laura Ashdown, Mo.; Mrs. Mildred Randolph, Mich.; Mrs. C. E. Wolfenden, Wis.; J. P. Lang, Kan.; Anton Anhur, Mich.; Ted Wilson, Mich.; Mrs. Ted Wilson, Mich.; Margaret J. Bilz, Mich.; R. H. McBride, Ill.; Mr. and Mrs. J. C. Bassett, S. Dak.; M. Eunice Lovejoy, Ill.; B. C. Stone, city; Mr. and Mrs. G. D. Coates; Mrs. Atwater, F. A. McClelland, Mo.; F. A. Lippert, Ill.; W. R. Errett, Pa.; Mrs. E. J. Deppert, O.; Ed W. Alexander, Mich.; Miss Leah Walker; Mrs. Milton Annis, Mich.; Da Emma T. Miller, Pa.; Mrs. Frank Bruce, Mont.; Mrs. C. C. Pettit, O.; Mrs. George Rockhill, O.; Ada Rockhill, O.; Vance Humphreys, O.; Mrs. A. R. Young, Ill.; William L. Goodkind, Mrs. W. L. Goodkind, Minn.; Mrs. G. Meyer, Ill.; E. H. Frechtling, O.; C. J. Parrish, O.; Ulricha N. Roiby, Denmark, Abba Roiby, Denmark; Christiana Laurenzen, Denmark; Valdemar Agaard, Denmark; R. G. Shunkle and son, Ind.; Alexander Bryce, England; Mrs. F. B. Rigley, Mich.; J. W. Miles, wife and nurse, Pa.; W. C. Beckert, Pa.; Miss strong, Pa.; Mrs. F. H. Yost, Tenn.; Mrs. J. L. Hoag, Mo.; J. C. Armstrong, Pa.; Mrs. Arm. W. Henley, Ky.; A. J. Mitchell, O.; R. H. Whitmore, Pa.; W. J. Button, Ill.; O. E. O'Donnell, Kan.; W. G. Cassidy, Ind.; Charles Anderson, Ill.; Dan P. Hill, W. Va.; W. P. Tuttle, N. D.; Mr. and Mrs. C. H. Rioch and son; W. L. Tedrone, Mich.; E. L. Kelley, O.; A. E. Griffin, O.; G. W. Comas, Ill.; B. F. Schrodt, Ill.; Mr. and Mrs. C. F. Ruffner, Mont.; H. L. Teigley, Okla.; L. A. Schotz, Ill.; Mr. and Mrs. J. Hoseby, Canada; G. Conorei, Ill.; Miss Margaret McCartney, Pa.; W. Kennedy, Ga.; Mrs. W. N. Keller, O.; Mrs. W. G. Scott, O.

MONTHLY DISPENSARY REPORT

The monthly dispensary report for April is as follows: Patients enrolled, 112; doctors' calls, 69; nurse's calls, 102; consultations, 222; examinations, 36; surgical dressings and office treatments, 71; operations, 4; bath treatments, 360; phototherapy, 70; Swedish mechanical, 3; massage, 2; treatments at home, 30; garments received, 135; garments distributed, 113; persons assisted by clothing, 39; food orders, 11; families assisted by food, 11.

The next meeting of the Literary club will be held Monday evening and be devoted to selections from Riley, Miss Thompson, Miss Bovee, Mr. McCormick and others taking part. This will be the last weekly meeting until October. During the summer months, from May 15 until Oct. 1, there will be monthly out-of-door excursions to the lakes and the country with nature and bird talks. At the meeting held this week the new constitution was adopted and plans outlined for the ensuing months.

LIFE AT IT IS LIVED

AGE TWENTY-FIVE.

Breakfast.

BUCKWHEAT cakes and samsage,
Doughnuts boiled in grease,
Ham and eggs and coffee
And a great big whalin' piece
Of pie with lots o' shortenin'
And a dozen kinds of spice.
Of course, tain't hygienic,
But it's offul nice!

Dinner.

Roast pork and cabbage
With gravy fat and hot,
Cold boiled ham and pickles,
Of doughnuts another lot;
Nine kinds of vegetables
And four kinds of pie,
Of course, tain't hygienic,
But, gosh! it's living high!

Supper.

More pie to start on,
With that there nice rich crust;
Biscuits hot and soggy.
I eat till I most bust.
Green tea, good and strong,
With sass and pickles galore.
Of course, tain't hygienic,
But I guess I'll take s'more.

AGE FORTY-FIVE.

Rheumatiz and Bright's disease,
Dyspepsy and bad heart;
Sight and hearin' both ain't good
And meals are far apart;
Pills and patent medicines
Now my diet rule.
Wish't I'd been hygienic,
'Stid o' such a fool.—Ex.

CURE OF A HYSTERICAL CHILD

FIRST. Never by any chance allow the hysteric to gain anything by hysterics.
Second. Give her no sympathy and let her severely alone for at least twenty-four hours after each spell; she needs at least a day's absolute rest to recuperate from one such spell; and she needs a day alone in which to realize what a disgusting fool she has made of herself, and to resolve that next time she will get her way honestly or not at all.
Third. Have it out with her at once, no mincing, then forever after treat her as if she never had a hysteric fit in her life.
If a spell recurs, go off and leave her to have it out alone.
Under this treatment she will quickly outgrow the habit.
And it will never come back unless somebody spoils her over again.—Elizabeth Towne.

If thou carry the cross willingly, it will carry thee. If thou carry it unwillingly, thou makest it a burden to thee, and loadeest thyself the more; and nevertheless thou must bear it. If thou fling away one cross, without doubt thou shalt find another, and perhaps a heavier.—*Thomas a Kempis.*

The Seventh Day Baptist Church of Battle Creek

Holds regular services every Sabbath (Saturday) in the chapel, second floor College Building, Washington Street, opposite Sanitarium, at 2:45 p. m.

Visitors cordially welcome. Chapel third door to right beyond Library.

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THE BATTLE CREEK IDEA



Vol. II No. 23

BATTLE CREEK MICH. MAY 14 1909

Price 2 Cents

THE COMMON CAUSE OF ACID DYSPEPSIA

**Dr. J. H. Kellogg Tells Sanitarium Guests
of the Mischief Caused Through
Use of Beefsteak**

THE ANTITOXIC DIET

"THE most common cause of excessive acidity, variously known as acid dyspepsia or sour stomach, is beefsteak. 'But,' you demur, 'I am sure that is a mistake because when I have sour stomach nothing agrees with me so well as beefsteak.' I have been hearing that story for about thirty-five years, and no wonder it sounds familiar," said Dr. Kellogg in a recent Sanitarium lecture. "I used to suppose myself that beefsteak was necessary as a remedy for sour stomach. For about fifteen years after I began the practice of medicine—although I ate no meat myself and recommended everybody to abandon its use—when I had a really bad case of sour stomach or acid dyspepsia, I said, very reluctantly, 'Now, then, it might be well for you to take a bread and meat diet for a little while until you get over these bad symptoms.' I felt obliged to make that concession, very much to my regret. The result was that the beefsteak gradually worked its way in until we had a great many people who had sour stomach. In fact, it got to be a very common complaint, the most common complaint we had in the Sanitarium. The patient would come to the office and say, 'Doctor, I have sour stomach. Don't you think that some of those meat balls would be good for my stomach?' Or, 'Doctor, my stomach is not feeling just right; my stomach is a little sour, and I feel a little sourness once in a while; don't you think a very nice piece of tenderloin steak would be good for it?' I was getting that sort of suggestion every day, and by and by we were eating two oxen a week here.

"It was supposed for a long time that meat was just the thing for the man with sour stomach, because it relieved the acidity. It will. Anybody who has ever had sour stomach knows that a dose of soda will relieve the acidity. If you take half a teaspoonful of soda or of magnesia, it will stop or neutralize the acidity. Meat acts in the same way. Meat absorbs the acidity, neutralizes it, so that it gives temporary relief; but at the same time the substances in the meat, the peptogens, etc., which render the meat savory, which give it its flavors,—these substances are powerful stimulants of the stomach. They are the most powerful

(Continued on page 2)

Tells of Recent Peace Congress

**Mr. W. A. Mahony of Columbus Addresses
Guests and Explains Aims of
Peace Society**

THE BROTHERHOOD OF MAN

MR. W. A. MAHONY of Columbus who last summer, with Mrs. Mahony, spent several months as a guest at the Sanitarium, paid a brief visit here this week en route home from Chicago where he had been in attendance as delegate to the Peace Congress. On Tuesday afternoon at the regular 3:30 service, at the request of the management, he told the guests present of what was done at the congress and of the broad purpose of the American Peace Society.

The meetings, which were held in Orchestral hall, were very large, on Sunday evening fully 2,000 people gathering, and 1,000 being turned away on account of lack of room. Mr. Mahony spoke in part as follows:

"We have had 27 treaties made by arbitration in 1903, 49 in 1906, 53 in 1907 and 80 in 1908. That shows the progress that is being made. We have had two meetings at The Hague where the nations were in conference—the first one being called by the Czar in 1899, and the second at the initiation of Pres. Roosevelt, also called by the Czar, in 1907. There is to be another conference in 1915. One of the documents I leave for distribution shows the fight made for obligatory arbitration in the second Hague conference.

"The great nations at the present time are straining every nerve to build large vessels of war that are called 'Dreadnaughts.' England has become very greatly startled in ascertaining that Germany will probably have a larger number of 'Dreadnaughts' than she will have. It has been the policy of England to have a navy twice as large as any two countries that she thought might be combined against her, so now England had started to build more 'Dreadnaughts.' Because Germany is building more, that starts France to building a larger navy. France and Germany are more or less on edge all of the time. Germany has never quite forgotten the wars under Napoleon I, and France has never forgotten the Franco-Prussian war. The 'fear microbe' has crossed the Atlantic and has taken possession of the United States, and the result is that we are starting to build these Dreadnaughts. In an address given some time ago by Congressman

(Continued on page 5)

THE SPINAL CORD AND SOME OF ITS DISEASES

**Dr. W. H. Riley Tells Sanitarium Patients
of This Part of the Body's Great
Nervous System**

INFANTILE PARALYSIS

(Continued from last week)

IN the previous lecture we considered the causes, pathology and symptoms of infantile paralysis. We have yet to consider the diagnosis, prognosis and treatment. By diagnosis we mean the discovery and naming of the disease which the patient is suffering with, and the proper distinction of the particular disease from similar diseases. The diagnosis of infantile paralysis very often presents some difficulties, particularly in the earlier stages of the disease, yet if the physician has in mind the possibility of the child being afflicted with this disease, and makes a careful study of his case he is usually able to make his diagnosis early. The diagnosis is made by the presence of the existing symptoms, which have already been enumerated, consisting, namely, of fever which comes on suddenly, attended with the usual symptoms of fever; flaccid paralysis which affects one or more limbs of the body, developing within a few hours or a few days, with no loss of sensation in the affected parts, and the sphincters of the bladder and bowels not disturbed and the presence of the reaction of degeneration in the nerve or muscle or both, and in some parts of the body.

In the chronic stage the disease is quite easily recognized by one of the limbs being shorter than its mate; by the well marked atrophy of the limbs, by various deformities and the peculiar limping gait. The disease should be properly distinguished from a transverse myelitis, multiple neuritis progressive muscular atrophy and from syringomyelia. We will not discuss the peculiar symptoms that are present in each of these diseases, which will enable the physician to properly distinguish them from this disease, but in diagnosing and treating infantile paralysis these diseases should be in mind.

Prognosis.—The prognosis of a disease is to foretell the outcome of a disease as to whether the patient will recover from it or partially recover, or whether it will reach a fatal termination or continue as a chronic ailment indefinitely. Cases of infantile paralysis usually make considerable improvement, which continues for about a year. During this time one or more limbs which are least affected

either completely recover from the disease or partially recover. While this favorable outlook may be expected in some parts, it is equally certain that there are other parts which are more seriously affected from which the patient will never fully recover. This is the rule in most cases, although in a mild case the affected parts may completely recover from the disease.

Treatment.—This is a disease that runs a chronic course and the treatment must necessarily vary with the progress of the disease. During the onset and the invasion period, while the child or patient is suffering with fever and the symptoms of the disease, the patient should be kept quietly in bed, lying preferably upon his face, so that the spinal cord may be elevated; the alimentary canal, including the stomach and bowels, should have careful attention; the fever should have proper treatment, such as cold friction, cold wet towel rubs, cold sponging, and an ice bag may be applied over that part of the cord which is affected by the disease. Dry cotton bandages should be applied about the limbs that are paralyzed to protect them from irritation and friction; the diet should be carefully regulated, should be moderate in quantity, easily digestible, and non-irritating. After the acute symptoms have passed the patient should have careful massage and the paralyzed muscle should be treated with electricity. The current should be selected that gives the best contraction to the paralyzed muscle. Some of these will respond normally to the faradic or the sinusoidal current, and those that are most affected by the disease will probably not respond to these currents, and in these the interrupted galvanic current should be used. In the use of any and all currents of electricity, care should be taken not to over-stimulate the weakened muscles. Each muscle should not be made to contract more than ten or twelve times at one treatment. Massage and electrical treatments should be given daily. Also manual Swedish movements may be used to increase the strength of the muscles and the affected parts.

The galvanic current is also sometimes applied along the spinal column, for the purpose of relieving congestion of the spinal cord. Whether this accomplishes any good or not is doubted by some. It sometimes relieves pain that may be present in this part and possibly may do some good. The electrical stimulation of the muscles certainly accomplishes much good, as it maintains the nutrition of the muscles until the nerve tissue can be restored, and the proper nervous connection made between the nervous system and the paralyzed muscles. In using the galvanic current on the spinal column, the large electrode should be placed over the abdomen, to which the negative pole of the battery is attached, and the positive electrode moved along the spinal column. This may be given for ten or fifteen minutes daily.

As the improvement in the symptoms progresses the child should be given exercise of various kinds to strengthen the paralyzed muscles. These can best be given in a well arranged gymnasium where the proper appliances are kept. The exercises should be carefully directed and be under the care of a physician.

Deformities are apt to occur in cases of infantile paralysis, because of some muscles being paralyzed, and the muscles which are opposed to the muscles which are paralyzed overact and produce deformities of various kinds in the limbs and in the joints. This should be avoided as far as possible by applying proper braces, so as to keep the joint surfaces in proper relation to each other. As soon as the joints begin to show any signs of displacement they should be corrected by the use of braces, rubber muscles or other means. Many muscles that have been paralyzed for years can be very much im-

proved by proper treatment with the interrupted galvanic current and by the application of alternate hot and cold to the paralyzed limbs for the purpose of increasing the circulation in the paralyzed member.

The general health of the child or patient is usually reduced by this disease and his resistance to other diseases is lessened, consequently he is more liable to be afflicted with other diseases. As the disease produces inability so that the patient or child cannot walk about and do manual labor that a normal individual can do, he should be properly trained or educated in some intellectual pursuit so that he can earn his livelihood by the use of his mind and brains instead of his legs and arms, which have been paralyzed by this disease.

CAUSE OF ACID DYSPEPSIA

(Continued from page 1)

erful stimulants known. As a result, ordinary meat, while it neutralizes the acid, at the same time stimulates the production of more acid. It temporarily relieves the acid but makes more acid. Prof. Pawlow's experiments upon dogs show that meat produces a more acid gastric juice than anything else; that meat produces, for instance, three times as much acid as bread, or four times as much acid as milk.

"It is plain, therefore, that a bread and milk diet will produce very much less acid than meat. 'Oh, but,' you protest, 'when I eat bread and milk my stomach is exceedingly acid.' So it is. It does not make so much acid, but the acid it does make remains there in the stomach; it is not absorbed and not neutralized, so you feel the effect of the acid. If you should take a dose of soda or take some beefsteak, you would not feel the acid, because it would be neutralized. When Pawlow's experiments were first published, about ten years ago, there was a great deal of incredulity; but the statements were supported by such clear, well defined and positive experiments that they could not be successfully refuted. Other investigators repeated the experiments upon dogs, and they found the same results were verified everywhere, and there was no chance to doubt the correctness of his views.

"This important fact leads to another observation made by Pawlow, that fats of all kinds have the effect upon the stomach of preventing the formation of gastric juice or gastric acid, while meat stimulates the formation of gastric acid. This is exceedingly important to know. Then I must call attention to another fact which has recently been brought to light by Roger, the eminent French investigator who succeeded Bouchard in his wonderful work. Roger has shown by experiments that when poisons are absorbed from the colon these poisons are excreted into the stomach. For instance, he took an animal and produced obstructions in it, such as stopping up the intestine so that there would be complete occlusion; then there would be stasis, putrefaction, and the absorption of these poisons. He found that when such a condition was produced, the animal excreted into its stomach an enormous quantity of intestinal poisons; the fluid removed from the stomach was the most powerful of toxic substances. He found that the contents of the intestines were not so very poisonous; but on examining the contents of the stomach he found them extremely poisonous. The poisons were taken up from the intestines and excreted into the stomach,—an effort of the body to get rid of the poisons. The stomach poured them into the intestine; the intestine into the stomach and the stomach into the intestine again; so the poisons kept going around

instead of accumulating in the blood,—a wonderful provision of the body defense.

"So, putting this and many other facts together, I have made up my mind that the absorption of poisons from the colon is one of the principal causes of hyperacidity of the stomach. I have found in almost all cases of extreme hyperacidity I have ever seen that the patients were thin, had sallow skins and coated tongues, and gave other evidences of intestinal autointoxication; it is the most common condition present. When the inactivity of the bowels is remedied and the intestines brought into a healthy condition, the poisons are no longer excreted into the stomach; the irritating effect of these poisons is stopped, and as a result the hyperacidity is relieved.

"The experiments of Pawlow were exceedingly valuable because they showed the real cause of hyperacidity,—that it was due to the stimulating properties present in food, but in meat to a great extent more than in any other substance. He found that when these extractives were all washed out of the meat and the meat given to his dogs, it didn't have the same effect because the stimulants had been washed out of the meat. So a doctor down in Chicago tried the experiment of feeding his patients on laundered steaks. He took the meat, washed it until it was white, took out all these extractives, and fed this meat to his patients for a long time. Laundered steaks became quite popular; I mean, quite a number tried the same experiment, but the effect was not good; very soon the patients became disgusted with the meat and they would not eat it.

"Another experiment made by Pawlow was extremely interesting. He found that if instead of putting these extractives of the meat into the stomach he introduced them into the colon, the effect was just the same. The effect of these extractives introduced into the colon caused the stomach to pour out gastric juice exactly as when they were put into the stomach. In other words, the peptogens, the substances absorbed from the colon and circulating in the blood, were poured out into the stomach from the blood, and in that way the same effect was produced. He found also that when fats were introduced into the colon they had a similar effect in inhibiting the flow of gastric juice; so that is one of the measures that is sometimes employed for people that have hyperacidity,—the oil enema is employed as a means of controlling the hyperacidity, and with very great effect.

"Comparing these Pawlow experiments with those of Roger, I have come to the conclusion that these poisonous substances in the meat which are due to putrefaction are highly stimulating to the stomach,—and naturally so, for two reasons: one is that the protein present requires gastric juice to digest it, so that the stomach is stimulated to make the gastric juice needed; and the second is the fact that germs are present which need disinfection by the gastric juice. A powerful disinfectant is needed to disinfect this food, and gastric juice is a powerful disinfectant. When these substances are introduced into the colon, then, they have the same effect, because they are indications of the presence of germs that need to be disinfecting; so the stomach must make a large amount of gastric juice to destroy the germs.

"Now it is easy to see how meat eating will produce hyperacidity. Undigested portions of meat get into the colon and undergo putrefaction there. The poisons are absorbed and excreted into the stomach, where they stimulate the stomach to pour out a large amount of gastric juice in order to disinfect and destroy these germs. I have spoken at length upon the subject so that you will understand that there are a great number of scientific facts behind

the recommendation which I make that one should discontinue the use of meat. If fats are used instead, with well dextrinized cereals, and care is taken to keep the colon well emptied to get rid of the autointoxication, every single case of hyperacidity may be cured."

FOOD INTOXICATION A PREVALENT EVIL

**Dr. Kellogg Tells of the Great Evil
Wrought by Indulgence in High
Protein Diet**

THE LIVER A HARD WORKER

"Very often a patient has said to me, 'Doctor, I want you to give me something for my liver. If I could just get this old liver of mine to do its duty I should be happy.' That is the greatest mistake in the world, my friends. The liver always does its duty. It always does its best and works for all it is worth. It is never sluggish. It is never torpid. It is never lazy. When you imagine the liver is torpid it is when you have been imposing impossible tasks upon it, when you have heaped upon it more work than it could possibly do.

"Now what is the situation when you say, 'I think my liver is out of order. I think my liver is torpid.' You wake up in the morning feeling wretched, as though you had committed some unpardonable sin. You feel as though you hadn't slept. You may feel stupid or feel as though you wanted to sleep and are drowsy all the while. You have a bad taste in the mouth, perhaps. You feel cross. You can't decide what you want to do. Perhaps you see some specks before your eyes. The whites of your eyes are dingy and the world in general looks dingy and pessimistic to you. That is the state people are generally in when they say their liver is torpid. But there isn't any trouble with the liver at all.

"The difficulty is that this individual has probably been living on too high a protein diet, has had too much beefsteak, too much Thanksgiving dinner or too much Christmas turkey,—has been swallowing dead things into the stomach in quantities more than the stomach could bear. The result is an accumulation in the colon of indigestible remnants of decomposable, putrescent foodstuffs. The body is simply swamped with poisons.

"Suppose you have lying about here a mass of putrefying beefsteak, mutton chops, tripe or any other kind of dead thing, lying here in the colon rotting and the poisons are absorbed into the blood and carried along through the blood vessels to the liver. It is the duty of the liver to remove these poisons. It destroys some of them, and purifies the blood as far as it can; but in the end it gets worn out, exhausted, so that it is flooded with the enormous quantities of poisons which come pouring in upon it. Some portion of the poisons manages to get through the liver and get into the general circulation, and that is what makes you feel so wretched and miserable.

"It is not because your liver is torpid and doesn't do its duty, but it is because the liver had too much to do, so the poisons have found their way into the general circulation and the blood has become deteriorated and vitiated. Then the coat begins to grow upon the tongue, the headaches and depression come, and the

brain is more or less addled. You are intoxicated, in other words, just as much as though you had swallowed a dram of whiskey, exactly as though you had swallowed a dose of opium or any other poison. You are intoxicated, food intoxicated. That is the most common of all kinds of intoxication and the most mischievous. There is more harm in this country today resulting from food intoxication than from alcohol intoxication. Of the two evils food intoxication is the worse; and the worst of all food intoxicants is beefsteak.

"Beefsteak intoxication is in my opinion responsible for more mischief, more depravity, more suicides, more chronic diseases and more shortening of human life, than alcoholic intoxicants. That is saying a good deal, I know, but I say it is responsible for more because it involves a larger number of persons. I would not say that a man would suffer more from eating beefsteak than he would from taking alcohol. But when we take into consideration the vast number of people who are suffering from beefsteak intoxication, I believe the sum total of the mischief is greater than that which arises from alcoholic intoxication, especially when we bear in mind the fact that alcoholic intoxication is very often the result of meat intoxication.

"I met a man not very long ago who never drank a drop until he was thirty-five years of age. How did he come to drink then? He was in business and he began to feel himself getting a little incapacitated. He was not quite up to his work. He would go into his office and wouldn't feel the courage to attack the problems that he had to solve in his business. He felt as though he must have something to help him up. He went to a doctor and the doctor said, 'Oh, you need a little tonic,' and he gave him what he called a bitter tonic. That bitter tonic was fifty per cent alcohol and about one per cent bitter roots. The effects he got from it was from the alcohol, but he felt better. Why? When a man is poor and takes a glass of grog he doesn't feel poor any more. He feels rich and wants to treat everybody in sight. When a man is cold and takes a glass of whiskey he doesn't feel cold any longer. He feels warm. He is actually colder than he was before but he feels warm. When a man is hungry and takes a glass of grog he doesn't feel hungry any more. He feels fed. He has not been fed. He only thinks he has been fed. That hunger is satisfied, the hunger sense is benumbed. When a man is tired and takes a glass of whiskey or champagne he no longer feels tired. He doesn't know he is tired. He is tired, more tired than he was before. He is work-tired and whiskey-tired both. He has both of these poisons; the fatigue poisons which are the result of work are contaminating his nerves and paralyzing them, and in addition to that alcohol is also paralyzing his nerves. He thinks he can lift more than he could before, but he can't. When you put him to the test, he fails.

"Now it was exactly so with the case I am

telling you about. He didn't feel up to his work, so he took a glass of grog and felt better and thought he was able to do his work,—but he wasn't. His brain was no brighter than it was before but he simply did not recognize his incapacity. He had that same nerve tire that he had before but he didn't know it. He was deceived about it. He was no better prepared to work than he was before, but he felt better prepared to work. So he acquired the habit of taking the bitters, and by and by he found that those very bitters were offered for sale on the shelves of the dramshop and when he got out of his supply he dropped into the saloon and let the barkeeper just shake it down out of a bottle. It wasn't so very long before he discovered the real fact about it,—that it was the alcohol which made him feel better. So he got to taking alcohol and he got to be a drunkard,—and in a few years he was just a common drunkard, had lost his property, had lost everything.

"Now a great number of men have been led down that road by the toxemia, by the neurasthenia that results from flesh eating. I have no doubt of it, and we have found here in this institution that one of the most effective means of winning a man away from his alcohol appetite is to discard flesh foods entirely. The blood becomes pure and clean, the nerves become steadier and the appetite for alcohol disappears."

THE DEPARTMENT OF HEALTH

DR. W. A. EVANS, Health Commissioner of Chicago, says in a recent bulletin of the Department of Health:—

"My experience has taught me:

"First—Every case of contagious disease results from somebody's violation of the law.

"Second—No epidemic situation can be allowed to drift. The policy of *laissez faire* will not work.

"Third—The mailed hand will cure any epidemic situation in short order.

"Fourth—The clergy, physicians and good citizens generally can be depended on when they are stirred into activity.

"Fifth—So long as the community backs the Department of Health it can guarantee them against general epidemics."

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VOL. II, MAY 14, 1909 No. 23

MOTHER'S DAY

THE second annual observance of the world-wide holiday—Mother's Day—was celebrated Sunday by thousands over the entire country. The motto, "Mother's day, the day set apart to honor the best mother that ever lived—our own," explains the holiday's significance. The movement for its establishment was begun by Miss Anna Jarvis of Philadelphia, the city of brotherly love, and has met with the hearty endorsement of thousands. Miss Jarvis has been notified by the governors of seven states and the mayors of many large cities, that they intend to recognize officially the establishment of the new holiday. She has also received word from Rome, from Turkey and Japan telling of the adoption of the idea in those countries. The chosen symbol—a white carnation worn in the buttonhole—was in such demand in Philadelphia that the supply was soon exhausted and thousands had to supply the lack with other white flowers. The sailors and marines on League Island were supplied with the symbolic flowers and the Philadelphia Rapid Transit company distributed ten thousand flowers among the conductors, motormen and other employees, that they might do homage to their mothers.

It is a sweet and tender tribute and one which is doubtless destined to live and grow in popularity as the years advance. Any holiday which has for its purpose the paying of tribute to sacred ties, like that of motherhood; that will encourage youth to pay respect and hold in reverence the associations of home and of childhood, is bound to react for good. The "Father of his country" is extolled at least twice every year; it is quite time that the mothers of the country were honored by a day set apart. There are careless mothers, selfish mothers, bridge-playing mothers, as everybody knows, but to the average person the name mother is a synonym for tenderness and devotion. Her tireless, willing and unselfish service is what makes home, HOME. No one else takes so keen an interest in the joys and sorrows of the family; her arms are folded with convulsive clasp around her first born, who comes to her with his early griefs, and later in life when beset by sorrows and disappointments, it is to Mother that he turns for comfort and sympathy. And no matter how many come after him, the mother heart has room for all. One of the greatest deprivations of life is to be obliged to go through the years without that tender sympathy or with no loving memories. Bless the mothers! May the

American ideal of motherhood be hugged close to the hearts of her people and may the young women be impressed each year with the sacredness of their calling.

HE FAVORS PLAYGROUNDS

THIS week the third annual congress of the Playground Association of America is being held in Pittsburg. In his letter of regret over his inability to be present President Taft said the following about the movement:—

"I do not know anything which will contribute more to the strength and morality of that generation of boys and girls compelled to remain part of urban populations in this country, than the institution in their cities of playgrounds where their hours of leisure can be occupied by rational and healthful exercise. The advantage is twofold:

"In the first place, idleness and confinement in a narrow space in the city, in houses and cellars and unventilated dark rooms is certain to suggest and bring about pernicious occupation and create bad habits. Gambling, drinking, and other forms of vice are promoted in such a restricted mode of life.

"In the second place, an opportunity for hard, earnest, and joyous play improves the health, develops the muscles, expands the lungs, and teaches the moral lessons of attention, self-restraint, courage, and patient effort.

"I think every city is under the strongest obligation to its people to furnish to the children, from the time they begin to walk until they reach manhood, places within the city walls large enough and laid out in proper form for the playing of all sorts of games which are known to our boys and girls and are liked by them.

"I sincerely hope that your present convention may be a success, and that the work which you have begun may go on until no city in this country is without suitable playgrounds for the children of those who but for such city assistance in this regard would be without them.

"Sincerely yours, WILLIAM H. TAFT."

SPRING VOICES

THE unfolding leaf, the fluttering wing,
Unto our hearts a message bring,—
A message that we longed to hear
When winter skies were dull and drear.

'Tis joy to see the plowman fling
The moist earth in the lap of spring;
To hear the south wind's wooing voice
Bidding all living things rejoice.

To list along the meadow ways
The peeping frogs;—to count the days
That must o'erpass ere field and hill
In verdure clad our hearts shall thrill.

Oh, wondrous rebirth of the year!
This is the promise that we hear
From all these harbingers of spring,—
The budding flower, the bird a-wing:

"Trust as we trust; the unseen Power
That shields the bird, protects the flower,
And calls each back to life anew,
Has the same loving care for you."—Ex.



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TELLS OF PEACE CONGRESS

(Continued from page 1)

Tawney, U. S. Chairman on Committee of Appropriations in the National House of Representatives, he said:

"The annual appropriations for the army have leaped from less than \$24,000,000 per annum for the eight-year period preceding the Spanish war, to an average of \$83,000,000 for the eight-year period ending with the appropriations made by this congress, and during the same period the annual average for the navy appropriations has increased from \$27,500,000 to \$240,000,000."

"There cannot be any better authority than Congressman Tawney. The increase in the appropriations for the army for the periods named exceeds \$473,000,000—a sum sufficient to cover the whole cost of construction the Panama Canal on the basis of the last estimates for that gigantic work, and with nearly \$150,000,000 to spare."

"He continues: 'At no period except in time of war have the expenditures of our National Government increased so rapidly both in the aggregate and per capita as these expenditures have increased during the past eight years. This fact may well prompt our people not only to pause and consider the cause of this very large increase in the annual expenditures of the Government, but also to consider the necessity of checking this growing tendency toward excesses and of aiding their representatives who are charged with the duty of imposing no greater burdens of taxation to meet such expenditures than are necessary in order to carry on the legitimate functions of their federal government.'

"Congressman Tawney stated last evening in his address before the Peace Congress in Chicago at a banquet where there were over 1,000 people present, that two-thirds of the entire income of the U. S. Government, immense as it is, at present being nearly one billion dollars a year, is used in paying for wars that have been and in paying the current expenses of the army and navy in these times of peace with no prospect of war. When we get these figures down where we can comprehend them it means simply this: If I am a farmer and my neighbor has a farm next to mine, and I am a little afraid of him and he is a little afraid of me, and my income is \$3 a day, it means according to these figures that Chairman Tawney gives, that I take of that \$3 which is my income, \$2 of it every day and spend in hiring some man to watch the fences along the way, to buy powder and shot and shell, revolvers, dirt, etc., in order to protect my farm, and probably my neighbor across the other side of the fence is doing the same thing. Would it not be wiser for us to settle the dispute between us as to where our line fence should go by hiring a surveyor to run a line and put a fence on that line between us? When the boundary line between Alaska and Canada was under dispute, a few gentlemen met quietly in one of the Government houses in London and they took maps and looked them over carefully and said where that line should be, and there was not a shot fired between Canada and the United States. That was a much more sensible way to settle the question than by going to war."

"The claim is put forth by a great many that a large navy has an element of safety and it preserves the peace of the world. When the Franco-Prussian war broke out the French Navy was twice as large as the German navy, and yet their large navy did not prevent them from going to war. When war broke out between Russia and Japan, Russia had at that time, as now, the largest army in the world,

but that large army did not prevent the conflict between Russia and Japan. It is more a game of bluff than anything else, but it does not always work, and it does not always preserve the peace. It has not in the past. We have been getting along in this country without a very large army. It seems to me we have a moderate sized army, but we are rushing ahead at a great rate to build up a great navy. Isn't there a better way than a great navy to have the laws observed on the different oceans and to protect ourselves?

"The men who met at the Peace Conference are trying to suggest to the world a saner method of settling differences between the nations than by the old method of battle. The old method of battle is barbarous, cruel and unscientific, and they are suggesting that we have established at The Hague a court so that any differences between the nations that they fail to settle peaceably, can be taken to The Hague Court for settlement, just as men in business or professional life, if they have differences that cannot be settled by talking them over by themselves, go into court, each side tells his story, the judge or jury gives its decision, and as a rule abide by it. The old method of settling our differences by duel is out of fashion now. The death of Alexander Hamilton at the hands of Aaron Burr aroused our people to the enormity of it. We are trying to get the nations educated up to the better way of settling their differences, not by national or international battles, but by submitting their cases calmly to disinterested judges who shall pass upon the merits of the case and that they will abide by that decision. That is the great object we have ahead of us. We have a great deal of encouragement. The fact that in 1908 we had eighty treaties made by arbitration is very gratifying. At the present time when we are making such abundant provision for the settlement of our differences between the nations peaceably, their irreconcilable attitude in building these large armaments is difficult to explain. One of the agreements which has already been entered into by the different nations at the last Hague court in 1907 was to the effect that no unfortified city in case of war should be bombarded; consequently the city that is unfortified in case of war is safer than the city that is fortified. That being the case, what is the use in fortifying our cities? We are safer without fortifications than with them."

"Why cannot the countries bordering the North Atlantic make an agreement as is already done by the countries bordering on the Baltic and the North Sea—that they will respect each other's territory, and on the other hand that they will dismantle and turn into merchant ships one-half their war ships. If one-half the war ships were disbanded the nations would have the same relative protection as now. On the other hand, if every nation

increased their present navy to double its size, the relative safety would be no greater than today. Great navies do not tend to the peace of the world, as is shown in the attitude between Germany, France and Great Britain today. The danger is that with these great navies some hotheaded officer will insult an officer of some other navy and thus involve the nations in the greatest war the world has ever seen. According to Bloch, we are now constructing such deadly engines of destruction that the next war is to be very deadly and very expensive."

"One very pleasant feature of the meeting in Chicago was the evident good feeling. We want to bring about this spirit of good feeling between the nations. If we can get the nations to visit among each other, it will promote a spirit of good feeling. France has recently invited English gentlemen into France and showed them the courtesies of their country and banqueted them. Then England invites

(Concluded on page 8)

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QUESTION BOX DEPARTMENT

EACH Monday evening Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics. Questions must not be sent to the BATTLE CREEK IDEA.

Q. What can you say of onions and oranges as food? When should each be eaten if advised at all?

A. They contain juice that is wholesome and nourishing, but the pulp is of no value at all. The onion contains some useful elements, but it contains in addition a useless element, oil of onion, which is more or less irritating and which ought to be gotten rid of, which may be done by roasting the onions, or boiling a long time in something like milk or something of that sort which will absorb the offensive oil.

Q. Give a simple remedy for catarrh.

A. There is no simple remedy for catarrh. Just simply get well. Build the whole body up and it will cure itself.

Q. Is it not a fact that the tuberculosis germs found in consumption are products of a

diseased lung, and not the cause of the disease?

A. No, it is not a fact; they are both a product and a cause.

Q. Is there any objection to a mild, well-made cheese, like Philadelphia cream cheese?

A. Cream cheese is not all right, but it is better than any other cheese for the reason that it is produced by lactic acid; but it is possible that there may be tubercular germs along with the lactic acid germs.

Q. In what respect is malt honey superior to dates as a food?

A. Dates contain cane sugar, which is not very digestible. Malt honey has no cane sugar, and is readily absorbed and digested.

Q. Is eating a cold breakfast unhealthy?

A. No, not unless it is very cold.

Q. Is there any combination of fruits and nuts that will furnish the same food elements as malted nuts?

A. Yes, I should think figs and almonds would furnish just about the same thing, taken in about equal quantities.

Q. What foods are most valuable to one intent upon the development of brain power?

A. A moderate amount of food which one likes and digests well and which is natural to human beings.

Q. How can a person 5 ft. 10 in. tall weighing 140 pounds gain ten pounds in weight?

A. Eat the ordinary number of calories which you should eat, which would probably be about 2,200 calories; then after that take about 200 calories more, twice or three times a day. Take one order of butter and one order of malt honey, mix them well together, and eat at the close of the meal. It will not make any disturbance and will add 400 to 600 calories a day, and will be entirely absorbed.

Q. Why do you not recommend the use of more natural foods as furnished by Mother Nature instead of so many factory made foods, and in what respect are the latter superior to the former?

A. They are not at all superior to the former. The whole purpose of the foods made at our food factories is to bring those foods as nearly as possible to the state in which Mother Nature prepares and presents our natural foods. For instance, the grains are dextrinized so that the starch will be converted into sugar or dextrin, as nearly as possible like the sugar and dextrin found in fruits. The purpose is to approach the standard of Mother Nature. Dry grains are not a natural food, so they have to be subjected to processes by which they may be made as nearly natural as possible. The same is true of vegetables.

Q. How should cow's milk be prepared, and how much should a nine or ten months' old baby have?

A. A baby requires food according to its weight. A little booklet which you can get from the food company contains tables which will tell you just how much.

Q. Is the sinusoidal current good for hyper-hydrochloria?

A. It is believed to be good for that condition. I don't think we have the absolute proof of it, but we have some reason to think so.

Q. In what form should it be given?

A. With the rapid current, a very light application either outside or inside the stomach.

Q. Is one glass of yogurt a day for one who does not eat meat enough to keep him free from germs?

A. I think it would do something in that direction, although it is better to take the yogurt ferment with every meal so that each portion of food that passes along the alimentary canal will have the germs right along with it.

Q. What causes creaking of the joints, especially of the neck joint?

A. It is a slipping of the tendons.

Q. Is mineral water good for drinking purposes?

A. Drink the purest water you can get.

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PERSONALS

Dr. Z. O. Wolfe of Corydon, Ind., is a recent arrival.

Mr. B. King of Tekonsha, Mich., is here for treatment.

Mr. J. E. Thomas of Clinton, Ala., is a patient here.

Mr. U. J. Favorite of Tippecanoe, O., is a patient here.

Dr. Carmine Stahl of Kirksville, Mo., is a patient here.

Mrs. Mary E. Olson of Carlock, S. Dak., is a patient here.

Mrs. C. B. Ellis of Corydon, Ind., is a newly arrived patient.

Mr. and Mrs. F. S. Patterson of Findlay, O., are guests here.

Mr. Hampton Winfield of Clarksville, O., is here as a patient.

Mrs. H. W. Hawley of Ann Arbor, Mich., is here for treatment.

Mrs. I. C. Bardin of Martinsville, O., is a recently arrived patient.

Mr. Robert Napper of Alpena, Mich., is here for rest and recuperation.

Mrs. M. E. Thomas of Lansing, Mich., is here for rest and recuperation.

Mr. C. A. Mitchell of Cherokee, Okla., is one of the past week's arrivals.

Mr. E. B. Smith of St. Cloud, Minn., has returned for further treatment.

Mrs. Lamm and Miss Ethel Lamm of Danville, Ill., are here as patients.

Mr. and Mrs. A. H. McMillan of Bay City, Mich., are guests here this week.

Mr. L. J. Lightbourne of Key West, Fla., is one of the week's southern arrivals.

Mr. A. B. Scarborough of Bourbon, Texas, has returned for rest and treatment.

Miss Fanny T. Taylor of Sea Side Junction, Ont., is a patient at the Sanitarium.

Mrs. Leroy Barrett of New York city is a newly arrived patient from the east.

Miss Elizabeth J. Skinner of Washington, D. C., is here for rest and treatment.

W. W. Watterson and two sons, of Bishop, Cal., are here for rest and treatment.

Mr. and Mrs. J. H. Prude of Tularosa, New Mex., are sojourning at the Sanitarium.

Mr. and Mrs. R. S. Ingham of New York city are here for rest and recuperation.

Miss Florence Baldwin of Bartlesville, Okla., is spending a few weeks here as a patient.

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Mrs. E. M. Pearman of Brooklyn is resting and taking treatments at the Sanitarium.

Pers. H. B. Brown of Valparaiso University is registered among the week's new patients.

Mr. W. A. Mahony of Columbus, O., spent a day or so here this week greeting old friends.

Dr. and Mrs. J. E. Upjohn of Kalamazoo are spending a short time here taking treatments.

Miss Blanche A. Davis of James Creek, Pa., is a former patient who has returned for treatment.

Mr. C. H. Campbell of Great Falls, Mont., is one of the recent western visitors to arrive for treatment.

Mrs. W. H. Hines returned to her home in Chicago Monday after a stay of several months at the Sanitarium.

Mr. and Mrs. C. J. McManis of Princeton, Ill., are guests here. Mr. McManis is postmaster of Princeton.

Dr. Alexander Bryce of Birmingham, Eng., who has been here for the past two weeks, left this week for New York, en route home.

Mr. Samuel G. Field, brother of the late Marshall Field, of Chicago, arrived here this week to remain for some time as a patient.

Mr. W. H. McDaniel of Kingman, W. Va., accompanied by his daughter and a brother, J. A. McDaniel, arrived here this past week.

Mr. W. H. Taylor has returned to Chicago after a prolonged stay at the Sanitarium during which time he has improved greatly in health.

Dr. B. H. Southworth accompanied his mother, Mrs. E. A. Southworth of Schoolcraft, Mich., here this week. She will remain as a patient.

News Notes

Miss Mary Hunter of the Nurses' department is enjoying her vacation at Washington, D. C.

Dr. Carolyn Geisel spoke in the parlor Sabbath afternoon, telling many interesting incidents of her recent experience among southern Chautauquas. She left on Friday for Grand Rapids, where she will address the Newsboys' club and the Woman's club.

The Battle Creek Nurses' Alumni association has postponed its meeting from its regular date to next Thursday evening.

Friends of Clyde A. Lowry have received the announcement of his marriage. The wedding took place April 27 at Compton, Cal., and the bride was Miss Lola Lucas.

The Rev. E. B. Saunders of Plainfield, N. J., will carry on the work of the Seventh-day Baptists during the next few weeks while the Rev. Mr. Burdick is taking a vacation.

Dr. Ada Cook-Owens paid a brief visit here the past week on her way home to Hamilton, Mont. She has been spending the past three months in post-graduate work in a Philadelphia hospital.

Mr. George E. Judd, business manager of the Sanitarium, will leave next week for Des Moines, Iowa, where his marriage to Miss Mabel Florence Hebard will take place Tuesday, May 25, at 5 o'clock.

A Helpers' gymnasium class has been formed and began work this week. It will meet Monday and Thursday evenings at 8 o'clock. The work will be carried on systematically and under the direction of Supt. Winjum.

Juniors and seniors of the A. M. M. C. have begun a month's course of psychiatry clinics this week. They will go each Thursday to Kalamazoo accompanied by Dr. W. H. Riley. The sophomores have begun laboratory work in pathology under Dr. Colver.

The Rev. E. H. Richards of East Africa, who visited here some weeks ago, has contributed a native bark blanket to the Missionary museum. The blanket is made from the inner bark of a bread fruit tree, hammered into a pulp, layer after layer, until it is a quarter of an inch in thickness and resembles a piece of tanned leather.

Pastor George B. Starr of Sydney, Australia, occupied the pulpit on Sabbath morning, speaking on "The Missionary Motive," which, he said, should be a sense of the world's needs with a knowledge of its remedy, actuated by the same love and devotion that moved the Saviour. Mr. Starr has been a missionary in that field for the past seventeen years.

Physical Director Winjum is making arrangements for a gymnasium exhibition to be held Saturday night, May 22, in the Sanitarium gymnasium. There will be wand and Indian club drills, under colored lights, apparatus work by the Sanitarium Acrobatic team, and special amusing features new to Sanitarium audiences, such as Japanese hoop-diving, English jockeys, etc. The orchestra will render a program.

ON Tuesday afternoon guests of the Sanitarium had the pleasure of listening to the Fisk Jubilee Singers. The company includes ten men and women singers and they gave a choice program which was enjoyed by a large audience that filled the grand parlor and overflowed into the two smaller parlors. They were in the

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city giving a series of concerts the proceeds of which are to go toward supporting social settlement centers which they will themselves conduct for their own people in the south—a laudable object.

ARRIVALS

THE list of arrivals for the week ending May 10 is as follows: R. T. Lorish, Ill.; W. E. H. Coburn, Ind.; T. J. Weidner, Eng.; Blanche A. Davis, Pa.; Robert Napper, Mich.; Mrs. E. C. Lamme, Ill.; Ethel Lamme, Ill.; Miss Florence E. Baldwin, Okla.; J. A. Thomas and wife, Ala.; Charles A. Mitchell, Okla.; Harry Eller, Ind.; J. C. Bardin and wife, Ill.; Myra Elwell, Mich.; W. N. Watterson and child, Cal.; Miss May Matlock, Cal.; Mrs. C. A. Barber, Ill.; Mrs. Leroy Barrett, N. Y.; J. M. Smithwick; A. Cooper, N. Y.; Mrs. C. L. Whitaker, O.; Samuel G. Field, Ill.; J. T. Upjohn and wife, Mich.; Miss Bernes, Mich.; J. N. Hyden, Ind.; Mr. and Mrs. R. S. Ingham, N. Y.; Mrs. L. R. Biggs; Carmine Stahl, M. D., Mo.; Mrs. J. W. Hawley, Mich.; Eliza J. Skinner, D. C.; Milton Annis, Mich.; Harry Thill, Mich.; Jess Harlin, O.; L. J. Karcher, city; Ralph Emery, Mich.; C. J. Smith, city; J. D. Burris, Ill.; Laura F. Gall, O.; W. J. Lightbourn, Fla.; J. H. Cayro, Cuba; U. J. Favorite, O.; Mrs. E. A. Southworth, Md.; R. L. O'Donnell, N. Y.; Alice Sheldon, Mich.; G. B. Malone, Iowa; Fred B. Holbert, Iowa; W. A. Mahony, O.; A. H. McMillan, Mich.; Mrs. Anne McMillan, Mich.; Z. O. Dolfer, Mich.; Mrs. C. B. Ellis, Mich.; Mrs. J. R. Scott, Wis.; Hampton Winfield, O.; W. M. Hanley and wife, Mich.; Miss Mamie Geisel, Ill.; Mrs. M. A. Thomas, Mich.; Mrs. L. Van Ostrap, Mich.; A. B. Scarbrough, Texas; O. R. Meisch, N. D.; R. S. Greenlee, Ill.; Alfred Shindler, N. Y.; J. A. McDaniel, W. Va.; W. H. McDaniel and daughter, W. Va.; Annie Calvert, N. C.; Fletcher D. White, Ind.; J. O. Harrison, Ark.; Mrs. C. H. Owens, Ark.; W. L. Smith, Mich.; Beatrice Short; E. M. Pearman, N. Y.; Mrs. Mary Sherman, city; O. M. Holland, Mich.; William Morison, Ill.; J. W. Prude and wife, New Mexico; Cora M. Patten, Ill.; Harry S. Chapman, O.; D. A. McDonald, Mich.; Mr. and Mrs. F. T. Patterson, O.; Mr. A. B. Koch, O.; Helen Copelin, O.; George F. Anderson, Ind.; B. King, Mich.; M. L. King, Mich.; Mrs. Thomas Cole; B. O. Knight, Ind.; Miss B. Babcock, city; Mrs. and Miss E. Carlat, Mo.; Fred E. Carlat, Mo.; Mr. and Mrs. C. J. McMaires, Ill.; H. B. Brown and son, Ind.; J. M. Rhoades, Jr., Ind.; William Wolf, W. Va.; C. H. Ebersol, Ill.; Mrs. C. Bethke, Ill.; Mrs. L. S. Taylor, Ont.; N. T. Reynolds, Ont.; Foss Elwyn, Del.; Fred W. Bishop, Ill.; J. L. Brehm, Ill.; E. R. Smith, Cal.; J. W. Guthrie, city; Mrs. C. H. Campbell, Mont.; Mary E. Olson and daughter, S. D.; F. Joseph Lamb, Mich.; J. U. Harvey and wife, Mich.; Mrs. N. Nathanson, Pa.; Mrs. William Hoffmaster, city; Mrs. Eugene Griffin, N. Y.; Mrs. Louis Magee, N. Y.; Mrs. Jane Van Buren, Mo.; Mrs. Reynolds Barnum, Mo.; W. L. Tedrow, Mich.; Mrs. Elizabeth Penwell, O.; S. W. Knowlton and wife, N. Y.; L. L. Dennison, Miss Eva Dennison, O.; Dr. Marx, Ill.; J. N. Hayden, Ind.; W. E. Dixon, Texas; W. W. Waterson, Cal.; James Pryor, Mich.; David Taterat; W. E. Newark, Mich.; Mary Bube, N. Y.

Jesus Christ is not only the "highest pattern of virtue," but He is Himself the noblest and best incentive to its practice. And He is still more to the believer, for He is also the Power through whom we are enabled to practice virtue and to put away sin.—Ez.

TELLS OF PEACE CONGRESS

(Concluded from page 5)

Frenchmen to London and returns the courtesies. Lately some Germans have invited some Frenchmen into Germany. The more we have of this the better it is. In this way by putting the nations on a friendly basis we will accomplish the same thing at a great deal less expense, not to say anything whatever of the immense loss of life.

"Last evening, sitting next to me at the banquet was a representative of the coal miners of Illinois, and he told me that he was one of four delegates to come to the Peace Conference. I asked him why the coal miners were sending delegates to this peace congress. He said, 'The laboring men know that they have to do the fighting and that they have to pay the bills; they are beginning to understand that this mother's son goes out to shoot that mother's son, and that the two sons have nothing against each other.'

"It takes a long time to educate children, and it will take a longer time to educate the world. Here is the ideal we are holding up and trying to have the nations understand: This idea of brotherhood, that there is one Father over all; that we are brothers, and it is better for us when we have differences with each other, as will inevitably come, instead of going to war, to settle by the saner method of arbitration. There is established now at The Hague a court to which all the nations may appeal. When the differences of all nations are brought to this court for settlement, we will see the fruition of this high ideal—the brotherhood of man emphasized in the national relationship which should exist between nations where all acknowledge ourselves as children of the one Father.

"Judge Brewer of the U. S. Supreme Court used these lines in addressing the Mohonk Conference:

"Fear not to build thine aerie
In the heights where golden splendors play;
And trust thyself to thine inmost soul
In simple faith alway.
For God will make divinely real
The highest form of thine ideal."

THE CALL OF THE SPRING WINDS

THE vagabond spirit comes over me,
The thirst for the woodland ways,
And nothing less will restore me
Than the wealth of the summer days,
The riches of wood and pasture,
The golden October haze.

To wander, and dream, and listen
To the wind among the trees,
To rove where the sweet brooks glisten,
To hear God's voice in the breeze,
O, here in the smoky city,
My soul is athirst for these.

—Ozora Stearns Davis.

FOR SALE

Some very desirable lots on OAK LAWN. For further information see

C. E. Kimlin, Cashier, Sanitarium

The Seventh Day Baptist Church of Battle Creek

Holds regular services every Sabbath (Saturday) in the chapel, second floor College Building, Washington Street, opposite Sanitarium, at 2:45 p. m.

Visitors cordially welcome. Chapel third door to right beyond Library.

Pastor Rev. J. G. Burdick,

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THE BATTLE CREEK IDEA



Vol. II No. 24

BATTLE CREEK MICH. MAY 21 1909

Price 2 Cents

W. C. T. U. WORKERS TO COME HERE

State Convention Speakers and Officers
Will Be Guests at the
Sanitarium

BANQUET FOR 500 JUNE 1

THE executive board of the Michigan State W. C. T. U. has about completed its detailed plans for the annual meeting to be held in Battle Creek the first week in June. Five hundred delegates are expected. Speakers from all over the United States, representing the leaders of the movement, will be present and address the convention. It is expected that Michigan will send a large representation as she has a membership of over 9,000. At the national meeting last year it was shown that she had made a net gain of 1,400 members.

The officers, the executive board and the principal speakers, numbering about sixty will be entertained at the Sanitarium as guests of the management. They will arrive on the 31st and on Tuesday evening a banquet will be given to the entire convention body.

Among the well known speakers will be Mrs. Lillian N. M. Stevens, president of the national body; Anna Gordon, who has an international reputation as a speaker on Temperance subjects, Mrs. M. L. Calkins, state president, and many others.

This will be the first Michigan state convention to be held in a saloonless town. The meetings will be held in the First M. E. church and on Friday evening there will be a special meeting of children and the Young Women's union. At the banquet to be given at the Sanitarium Tuesday evening, Mrs. E. L. Calkins will act as toastmistress and responses will be made by the following: Mrs. Jennie Voorhies, state vice-president, Plymouth; Mrs. Jennie Harrugh, Wyandotte; Mrs. Grace Morse, Dowagiac; Mrs. C. W. Pelham, Jackson; Mrs. Mary Ennis, Saginaw.

COMRADES OF NATURE

In vain the earth's magnificence is spread
For him who, seeing has no soul to know
The splendor of the Autumn's pomp and show,
The wonder of the Winter, white and dread;
Who never feels a new life thrill his heart
When Spring comes smiling, and with lavish hand
Strews dandelions over all the land,
While grass grows green, and long, cold nights depart.

CHAUTAUQUA PROGRAM IS NOW COMPLETED

Dr. Carolyn Geisel to Speak and to Conduct Domestic Science Lecture Course

THE Battle Creek Chautauqua program has been completed and presents many splendid features. The committee has been careful in its selection of speakers and the result will undoubtedly be satisfactory to all visitors. The last two bookings to be made are the following: Dr. Carolyn Geisel, July 30, subject, "Health

THE AMOUNT OF SALT REQUIRED BY THE BODY

Dr. J. H. Kellogg in Sanitarium Lecture
Explains Its Uses and Warns
Against Excess

SUFFICIENT IN FOODSTUFFS

"It is only by the use of salt that the food can get out into the tissues. Food consists of large molecules which can be broken up, and the process of breaking up is the means by which



* SANITARIUM VILLA AT LAKE GOGUAC ADJOINING CHAUTAUQUA GROUNDS

as a National Asset." Dr. Geisel will also conduct a series of Domestic Science lectures. Preston W. Search, a well known educator, will close the program on August 1 with a lecture on "Face to Face with Great Ideals."

The Woman's League has been granted the refreshment concession and it is expected that this will prove a great drawing card and that many will spend the entire day on the grounds and remain for the evening lecture, who last year attended but one session. Many families are planning to tent on the grounds throughout the week and ample accommodations are being made for them by the committee. Arrangements have been made whereby the capacity of the grounds has been doubled, the total plat now covering about five acres, stretching along the shores of the beautiful Lake Gogouac. The grounds are partially shaded by huge old apple trees and the water and sanitation has been carefully planned for.

energy is set free. To make that a little plainer, we will suppose we have here a promiscuous heap of stones scattered all about. We will pile the stones up until we have a tower. Now those stones have resting in them all the energy that was used in putting them in place. Here is one stone that is 100 feet above the earth. It is a stone that weighs 100 pounds. There is 10,000 foot pounds of energy stored up in that stone. It took that amount of energy to carry it up 100 feet high, to put it up there. When that stone is dislodged, falls and strikes the earth, it will strike the earth with the same energy which was used in carrying it up to its height. That is true of every stone in the pile. So if this pile of stones topples over and falls down, the energy will be restored. As it strikes the earth it will generate heat, so the energy will come back again.

"It is exactly similar with the body. The sunlight shining on the green leaves of the

trees take the carbon out of the air—carbon that has been burned somewhere and converted into gas—sets the oxygen free, combines hydrogen, nitrogen and other substances with it that it gets from the air and the earth, and makes a molecule of food, starch or albumin. A molecule of carbon dioxide, CO₂, has three atoms in it. The molecular weight of the oxygen here is 32, and of the carbon 12; therefore 44 is its molecular weight. A molecule of albumin, one of these great molecules that has been like a heap of stones piled up, has a molecular weight of 3,000 instead of 44, and sometimes as high as 20,000; some molecules in the body have a molecular weight as high as 20,000. When this molecule is assimilated into the body and utilized, it breaks up into small ones, and this breaking up into small molecules is the way we get energy for thinking.

"This is the way we get energy from our food. Here is a large molecule of albumin coming down into the blood. It has been dissolved in the blood, digested and absorbed. It is called out here into the tissues. There is a muscle fiber over here that has to have some more albumin in it, some protein. There is only one way it can get in. It has to be paid for; for one molecule of albumin that goes in a molecule of something must come out. Salt is the money with which we buy albumin. The blood is the circulating market that carries the food around, and salt is the money we pay for it. One of these little molecules of salt goes out into the blood and takes the place of this molecule of albumin that comes in; and so trading goes on all the while. That is what salt is for. It takes a certain amount of money, you know, to act as the medium of exchange. When for any reason money is withdrawn, business is interfered with. If there is no money with which to buy the crops sent out to market, there is serious trouble. It is exactly so with the body. We must have salt enough to carry on this work of exchange.

"Now what quantity of salt is needed for this purpose? Just half a teaspoonful is what the body needs every day, for there must be that amount supplied to the body—half a teaspoonful, or half a dram. One sixteenth of an ounce of salt is needed every day, and that is all. And how are we going to get it? We don't need to trouble ourselves a bit about it, because it is in the food. If we eat bread, potatoes, apples, butter, and the various things that come to the table just as they are made, just as they came from the hand of nature, a day's supply will give us that thirty grains of salt—no more nor less, and that is just what we need. We get in our food all we require.

"Yes, but what about this salt we put in from the salt cellar, the salt we sprinkle on our food,—what about that? That is simply a luxury. That is simply a sop, if you please, to our sense of taste, to our appetites; we take it because we like it. Job said, you know, Can that which is unsavory be eaten without salt? or is there any taste in the white of an egg? Job did not like his eggs without salt, evidently. So people generally who eat salt eat it simply because they like it. It is not because they need it; we know that all the salt we need is naturally in the food. This is one of the latest findings of science. It was not known ten years ago. As recently as then, everybody thought we must add salt to our food in order that we should get the proper amount of salt. The most earnest advocates of this theory were the physiologic chemists who said we must have salt. Within the last ten years, however, there have been very extensive studies of this question, and it has been found out that the food naturally contains all the salt we need. Experiments were made with animals and men which finally settled the question that two grams or thirty grains

of salt is the actual requirement of the body. All the salt we add to our food beyond what the food naturally contains is simply a luxury, and the only question is how much salt can we afford to tolerate; for it means extra labor on the part of the kidneys.

"Prof. Richet, the eminent French savant, has been studying this question, and his verdict is two grams a day. Prof. Achard is another who has taken this up, and he comes to the same conclusion. Prof. Bunge, of Basle, an eminent European chemist and physiologist, says we do not need nearly as much as we usually take. The average man takes about twenty grams a day, or about five drams, which Professor Richet says is just ten times as much as he needs! Think of it—ten times as much as he needs! Professor Bunge has been one of the advocates of the necessity of salt. He has insisted that herbivorous animals need it. I took occasion a few weeks ago to send him a picture of my deer with a letter telling him that these deer had been raised on my premises and have never eaten any salt,—a group of well favored, herbivorous animals that had never eaten any salt and did not care for it. I told him also that I never gave my horses salt. In reply I received the other day from Professor Bunge a pleasant letter saying, 'I entirely agree with you.' So Professor Bunge has at last come to the conclusion that herbivorous animals do not need salt. It is simply a question of habit. So that salt question is settled at last. The best authorities in the world are agreed that there is no necessity for the use of salt except as we have educated our tastes to want it.

"Thirty-five years ago I renounced the use of salt, and for a number of years I took no salt at all in anything. I found it a little inconvenient sometimes in traveling about, for there was always a little salt cooked in the food, and I came to use a little of it. For a number of years, however, I have renounced the use of salt entirely, and don't use it at all. I eat potatoes and everything else on my menu without salt, and while I cannot say I do not sometimes miss it just a little, yet I find it no serious inconvenience to get along without it. I am thoroughly satisfied that one is better off without salt, that it is wholly an unnatural habit, and that one's life will be prolonged and his health and vigor improved by not using it.

"There is an important phase of this question which I ought to present to you, and that is the fact that the first symptom of failure of the kidneys is inability to eliminate salt. What happens when the body loses its power to eliminate salt? The body takes in food, food containing salt;—what becomes of the salt? The kidneys can not carry it out. It can not accumulate in the blood, for the body will not permit any increase of salt in the blood. That is, it won't accumulate normally over a certain amount. When the blood contains a certain amount of salt it cannot contain any more. When the blood contains a little extra amount of salt and it gets to the kidneys, this salt is taken out; but when the kidneys refuse to take the salt out, what becomes of this salt? It is pushed out into the tissues and gets out of the blood in that way; but in order to be retained in the tissues it must be dissolved in water,—seven parts of salt in a thousand parts of water. It cannot be a stronger solution than that; the tissues will not tolerate it. In other words, there are 143 parts of water for every one part of salt. If a person takes an ounce of salt in two days it will require 143 ounces of water, or nine pints. Nine pints of water must be retained to dissolve that ounce of salt. The salt thus retained in the body accumulates in the limbs and the arms, swells out the tissues, and causes dropsy. Retention of salt is what makes dropsy. Salt is

poured out into the tissues and the water must go with it to dissolve it, to hold it in solution.

"The first step we take, then, with a patient suffering from dropsy is to remove the salt from his food entirely. Why? If we take it out of the food, we stop putting it in; then the kidneys are still able to eliminate a little salt and will gradually work the salt out. As they take the salt out the water will gradually disappear, no longer being needed to retain the salt in solution. This discovery has been of greater value than any other single little discovery I know of in recent times.

"Now for a person in this condition who has feeble kidneys, it is well to adopt a dietary that contains very little mineral residue. Some of our foodstuffs contain a large amount of residue. In the laboratory here after making our delicate chemical experiments, we use rice paper for filtering things, and this rice paper when it is burned up disappears entirely. It all goes into gas just as oil when it burns up goes into gas; so there is no residue left behind. Now vegetables which grow in the ground leave a great deal of mineral, but there is one cereal that leaves almost none at all, and that is rice. Rice is made almost entirely out of air—air and water; there is almost nothing at all that comes from the soil in the growth of rice. It has less of the soil than any other cereal, and consequently when it is used in the body there is almost no residue. So rice, of all solid food substances, is the best adapted to a person suffering with disease of the kidneys or crippled kidneys. Every man that has smoked for forty years or less, every man who has been smoking for twenty or thirty years, has crippled kidneys. Every woman who has used tea and coffee for a long time has crippled kidneys; every person who has been suffering for a considerable time from auto-intoxication has crippled kidneys. Everybody that has been living a sedentary life for a long series of years, is not taking proper exercise, suffers from nervous headaches, sick headaches and neurasthenia,—every such person has crippled liver and kidneys. You could not get neurasthenia if your liver and kidneys were doing their work well. You could not get Bright's disease if your liver was doing its work well. You could not have it unless it were from an acute disease like scarlet fever or small-pox. It is only when the liver and the kidneys break down that these chronic maladies become possible."

Decorations Nearing Completion

THE decoration of the dining rooms which has been going on under the direction of the mural painter, Sarah Ward Conley, is nearing completion. The rooms are being treated in French buff and green. The big dome is made the feature of the splendid rooms—and is inset with terrace scenes of figures at play in open air.

The skylight of green and gold glass sheds a warm sunshine effect, similar to a trellis or arbor out of doors. The whole, when completed with pastel green walls, will compose one of the handsomest banquet-dining rooms in the country. Sarah Ward Conley is already well known here. Her harmonious and finished work in the grand parlor and lobby at the Sanitarium have attracted hundreds of guests from all over the country. She leaves here in a few weeks to complete a number of extensive decorations for private country estates.

"The man who can't when he ought will never wear the hero's chaplet nor the martyr's crown."

CATALOGUE OF SUMMER SCHOOL NOW READY

Battle Creek Sanitarium School for Physical Education to Open

June 30

TEN WEEKS' COURSE

THE catalogue of the new Battle Creek Summer School for Physical Education is soon to be issued. The course will represent a crystallization of scientific massage, Swedish gymnastics, manual movements and general education along the lines of right living. The work has been carried on continuously for more than thirty years in connection with the gymnasium, lecture and class work for the patients, nurses, students and general help of the Sanitarium. The new plan embraces a two years' course in physical education and allied sciences. The work done at the summer school will be given credit on the regular school work. It has been arranged, however, as a complete course and is especially adapted for the convenience of teachers, university students and others desiring a change of vocation, while at the same time earning their living expenses and pursuing a profitable course of study.

For those wishing to build up their health the course of study is especially adapted, as general gymnastics and athletics form a part of each day's work. An hour each day will be spent in general drill work including dumb bells, wands, Indian clubs, balls and free hand calisthenics. Tactics, figure marching and fancy steps will also be taught. There will also be an hour each day devoted to general track athletics, and instructions will be given in the hammer throw, shot put, discus, pole vault, hand springing, running etc. On alternate days aerobic pyramid building and work especially adapted for the larger muscle groups will be given and three times a week work on heavy parallel bars, the German horse, the Swedish stall bars and other apparatus work, or the student may substitute for these courses a course including corrective exercises and Manual Swedish Movements.

In addition to the physical training there will be such subjects taught as: anatomy, histology, physiology, hydrotherapy, dietetics and hygiene. Those desiring a catalogue giving full instructions should address The Battle Creek Sanitarium School of Physical Education, Battle Creek, Mich.

SERVICE

THE sweetest lives are those to duty wed,

Whose deeds, both great and small,
Are close-knit strands of an unbroken thread,
Where love ennobles all.

The world may sound no trumpet, ring no bells;
The Book of Life the shining record tells.
Thy love shall chant its own beatitudes
After its own life working. A child's kiss
Set on thy singing lips shall make thee glad;
A sick man helped by thee shall make thee strong;

Thou shalt be served thyself by every sense
Of service which thou renderest.

—Elizabeth Barrett Browning.

"There are many times in life when we should *pose*; certainly there are myriad times when we should *oppose*."

HOW MERIDIAN COLLEGES FOLLOW THE IDEA

Dr. Geisel Tells Interesting Anecdote of Her Lecture Trip to Southern Colleges

DR. CAROLYN GEISEL left on Wednesday for Kalamazoo to speak at the meeting of the County Federation of Women's Clubs. On the following day she spoke at a similar meeting in Charlotte.

While in Meridian, Miss., recently, Dr. Geisel spoke, as is her custom each year, before the Meridian Colleges, where she was gratified to learn that the Battle Creek system was being followed very closely by the students, of their own accord. "Two years ago when I was down there," said Dr. Geisel, "I gave them an address on vegetarianism and the students, some 1,100 of them, grew enthusiastic over the idea

and voted meat off their tables. They so persistently refused to partake of it after that, that the butcher, who had had the contract for supplying the college table refused to deliver, declaring indignantly that their orders were too small and too infrequent to make it worth his while. President Beeson, of the college tells me that he is following the Battle Creek idea as closely as he can. He and his brother long ago decided that their students should be given well rounded education—an education that would educate the whole man, not merely the mind at the expense of the body and soul. Each year the school is started with a rousing revival. Studies are elective with the exception that all must take Bible study and the military training. 'We mean to turn out real men and women,' said the president, 'and to see that their bodies don't break nor their morals go under.' And that is just what he is doing. The students are fine physical specimens, their upright young lives being reflected in their faces, while a morning spent with them in class room or during a debate will reveal keen intellects and clear brains. Undoubtedly the change in the diet has made for quicker cerebration."



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Six Months	- - -	.50
Three Months	- - -	.25
Per Copy	- - -	.02

VOL. II MAY 21, 1909 No. 24

THE WHITE PLAGUE FIGHT

THE report of the executive secretary of the National Association for the Study and Prevention of Tuberculosis would not indicate that the people of the United States were taking a very active interest in preventing the spread of the White Plague. It is true that during the past five years much has been spoken and written about the dangers and the need for better sanitation and other means of prevention, but of actual work accomplished there seems to be comparatively little. According to Secretary Farrington's report there has been an increase of 600 new members to that national society, making a total of only 2,107. There have been 136 local and state societies formed during the year, making a total of 290 and special dispensaries established, 85, totaling 222. There are 298 hospitals in the country where 15,000 tuberculous patients may be cared for. According to Homer Folk, vice president of the national society, 153,000 persons succumb each year to tuberculosis, the percentage of those who contract the disease being much greater than that.

Nathan Straus, who spoke at the meeting, brought forth official statistics gathered by the New York Health department to show that the disease in the past two years had increased 33 per cent in that city, which Dr. Koch of Germany has said led the world in the fight. Mr. Straus attributes the failure to make headway against the spread of the disease to the failure of the crusaders to go to the root of the evil—the dairy farm. He insists that no milk should be used unless it has come from tuberculin tested cows or has been thoroughly pasteurized. One encouraging feature of the secretary's report showed that thirty-four of the forty state legislatures have considered tuberculosis legislation. He showed that the fight was being carried on in Tennessee, Alabama, Florida and Georgia and during the coming year it is planned to operate in the Carolinas, Mississippi, Louisiana, and other southern states.

FACTS ABOUT RAW FOODS

RAW cereals are fit for use for human beings only when in the half ripe or milk state, before the soluble carbohydrates, which exist largely in the form of dextrin and sugar, have been converted into insoluble starch.

The capacity of the body for digesting raw starch is exceedingly limited. Raw starch may

be converted into maltose by the prolonged action of the pancreatic juice, but this action is so slow that it amounts to little in practical nutrition.

Persons who undertake to live upon raw cereals are always compelled to supplement this diet with considerable quantities of eggs, milk and other foods which are more digestible in a raw state than in a cooked state. The raw oatmeal, wheat and other cereals of which considerable quantities are consumed nowadays contribute very little to the nourishment of the bodies of those who swallow these bulky, indigestible materials. The protein portion constituting one-tenth to one-eighth of the total weight is in part digested. A very little starch is utilized, but the great bulk of the entire list escapes from the body in exactly the same condition as that in which it is eaten.

Persons suffering from constipation are generally relieved by the adoption of the raw diet. The relief is due, however, not to any special property due to the rawness of the food, but to the great bulk of undigested material which enters the alimentary canal. In the majority of persons the same results may be obtained by taking at each meal a half cupful of bran, either raw or cooked.

If raw cereals are to be used as food, they should be collected and dried while in the milk state and afterward ground, so as to prepare the food elements in a form readily acceptable and digestible in the digestive organs. The ground, unripe cereals soaked for twenty-four hours, so as to restore as nearly as possible the natural condition of the grain in the unripe or milk state, eaten with thorough mastication, supply the best conditions for a raw cereal diet.

The Sanitarium "poison squad" has made a number of interesting experiments with the raw cereal diet, and will experiment further and report the results in these columns.

WHAT IS A SAUSAGE?

THIS question is said to have broken up a pure food convention in Paris. Some wanted the term restricted to hog meat; others vehemently held that donkeys, mules and horses make excellent sausages. One said that pork alone can not make good sausage unless reinforced with beef and veal. Finally a little man arose and said, "Gentlemen, you have forgotten the dog." There were murmurs from all sides. He continued: "Gentlemen, I assure you our dog sausages are excellent, and it seems to me unjust that in an international congress charged with defining pure food, a sausage containing dog should not be considered pure." It was finally decided to apply the word "sausage," without a qualifying word, to a mixture of pork, beef and veal. Other sausages must have a qualifying adjective, as "mule sausage," "horse sausage," "dog sausage," "cat sausage," etc.

"When time drags, become perfectly still and turn attention upon the marvelous world within you; then the hours will pass more quickly than the minutes did before."



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Offers exceptional advantages to young men and young women who desire to fit themselves for the work of a trained nurse.

Besides the regular hospital training, thorough training is given in Hydrotherapy, Massage, Manual Swedish Movements and all physiologic methods peculiar to the Sanitarium, and in each a training in itself and found almost exclusively in our work.

Classes are organized April 1 and October 1. Applications are received whenever vacancies occur.

For further information or particulars regarding the school, address the

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Boils and What Produces Them

Dr. Kellogg Destroys Old Time Theory
That They Are Beneficial
Agents

RESULT OF COLON POISONS

"THE average person's idea of a boil is that it is a sort of boiling over, so to speak. Now the fact is that the material that comes out of boils is not impurity at all; of course it is very infectious material, but one does not profit at all by the coming out. What is discharged from a boil it is not an advantage to the body to get rid of. It is a loss and not a gain. In a certain sense it is a gain, because it is poisonous material, but the philosophy of a boil is this: The entire surface of the body is covered over with germs. Take a sharp knife and scrape off some of the little white scurf of the skin, examine it under a microscope, and you will find there are millions of germs in it no matter how thoroughly you have washed your hands, no matter how cleanly you are in your habits. Perhaps you have seen a house with the walls covered with mold. That is just the way it is with every human being—we are covered over, not with mold, but with germs. It is next to impossible to get rid of these germs, because they are not only on the surface of the body, but they will flow down into the little ducts, the glands where the fat is formed, and flow down into the little pockets from which the hair grows. The germs work down into these places. Wherever you see a little blackhead upon the skin, what is called a 'comedone,' or a little pimple, there is the evidence of the presence of these germs. Now these germs are all the time working in, and when they work down into the tissues they meet here living cells which fight them off, eat them up. If it were not for that, the germs from the skin would very rapidly pervade the body. The germs that are found upon the skin, within a few hours after death, are found swarming all through the body. Now, there are various kinds of germs that grow upon the skin. Some of them are capable of doing one thing and some another. There are always found upon the skin germs that are capable of producing erysipelas. The form of erysipelas in which there is a very high fever, the most serious form, is produced by a special germ; but there is another germ very closely related to it which is capable of producing a mild kind of inflammation of the skin, a mild erysipelas. The saliva, the mucous membrane of the mouth and the mucous membrane of the nose are also covered with germs in just the same way. A drop of saliva has millions of germs in it. The discharges from the nose are always swarming with germs. There are germs in the tears, because the eyes are continually catching germs, and the tears that flow from the eyes carry these germs down to the nose.

"So long as we doctors depended on disinfecting our hands with bichlorid and other antiseptics of this sort, before performing surgical operations, every now and then we would find a case would be infected. One of the most important of all discoveries that have been made in modern times, and one of the most important of all discoveries that have been made in surgery, is the fact that when a wound suppurates and there is inflammation in a wound, it is generally because the surgeon's hands have

infected the wound. It sometimes, of course, comes from the patient, but more often the fault is with the surgeon's hands than with anything else. So we surgeons at last have come to the point where we do not depend upon making our hands clean any more, but we operate with rubber gloves on. No up-to-date surgeon would think of doing a serious operation without having his hands covered with rubber gloves, not to protect himself from the patient, but to protect the patient's tissues from infection.

"Germs are always hiding under the finger-nails; clean them never so clean, there are still germs there. Make the hands absolutely clean and sterile by washing and scrubbing and disinfecting, still, a few moments later there will be germs upon the skin that have worked their way out through these little glands. So this is a thing that we give great attention to in these modern days, surgeons at least,—the germs upon the skin. Now, these germs that are found upon the skin are many of them capable of setting up inflammation, or of causing what is called suppuration.

"These germs are always on the skin; some of them work down into the tissues, and, if they take root and grow there, they produce this sloughing, gangrene and death of the tissues; but they are not allowed to grow. They ought not to be allowed to get through the skin, but sometimes they do, and get down deeper into the skin; then the white cells come out and begin to attack them; first one comes, then another, then another, then another, and by and by these white cells are collected in great numbers so that the skin begins to swell out above them. It swells out more and more, and they keep collecting here, and by and by break open at the top, and a white mass comes out that we call pus. This pus is simply made up of these white cells that have come out from the blood and attacked the germs to keep the germs from spreading through the body and destroying our lives. That is what pus is—simply the white cells from the blood. It is the blood that saves our lives, that fights germs. The blood is the life, the Bible says. Modern

physiology says the same thing. It is the blood that heals; it is the blood that protects us; it is the blood that fights for us. That is the philosophy of the boil,—it is simply the blood-fighting germs that have gotten in. Now, when you squeeze a boil, get it open so as to be sure to get it thoroughly empty, you break down the little wall of resistance that is built up around here, and some germs will get outside and wander around; then you will have another boil over here, and another here; and if you keep on squeezing you can have any number of boils.

"Boils sometimes appear simultaneously in different parts of the body because of the low resistance of the body; the body has become depressed, so boils may grow anywhere. There may appear a state of furunculosis in which a person has got into a condition where boils break out everywhere. The only thing to do is to improve the blood in such a case as that. Colon poisoning is one of the most common causes of this condition—the absorption of poisons from the colon, intestinal autointoxication."

THE GATHERING PLACE

LIFE changes all our thought of heaven;
At first we think of streets of gold,
Of gates of pearl and dazzling light,
Of shining wings and robes of white
And things all strange to mortal sight,
It is a more familiar place;
A home unburied by sighs or tears,
Where waiteth many a well known face.
With passing months it comes more near,
It grows more real day by day;
Not strange nor cold, but very dear—
The glad homeland not far away,
Where none are sick, or poor, or lone,
The place where we shall find our own.
And as we think of all we knew
Who there have met to part no more,
Our longing hearts desire home, too,
With all the strife and trouble o'er.

—Robert Browning.

CHICAGO EXCURSION, Sunday, May 23, 1909

— VIA —

The Grand Trunk Railway System

Chicago and return, - \$2.25
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Tickets will be good going only on fast train No. 5 leaving Battle Creek 2:25 A. M., returning on fast train No. 6 leaving Chicago 10:30 P. M., same day.

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— VIA —

Grand Trunk Railway System

Tickets on sale June 3, 4, 5 and 6. Return limit June 19. Stop-overs allowed at certain points. Please ask for full particulars.

L. J. BUSH, Passenger Agent.

COLLEGE WILL ADOPT HEALTH REFORM

PRES. C. A. BIANCHARD of Wheaton (Ill.) College who has been a guest here during the past week, and has on several occasions spoken to the guests, purposes to make an experiment at his college next year, to be along the lines of the Battle Creek idea. He has arranged to have Dr. Geisel come to them for a week and conduct a Health School in order to imbue students with enthusiasm for health culture. The college has at present two large, flourishing clubs, one of men and one of women, and a third will probably be formed which will adopt the Battle Creek system of diet and health reforms. A similar movement at Iowa College has been eminently successful. Dr. Blanchard is deeply impressed with the principles advocated here and said: "I think that no greater service can be done to our young men and women than that of teaching them the meaning of health conservation. Men and women with weak bodies cannot accomplish their mission in this world and our youths must be impressed with this fact, and made to feel the importance of this movement."

Mrs. Blanchard is a graduate physician and is also a guest here and is enjoying the investigation of the principles, for which she says she has a warm admiration.

Do not the good things of life rob you of the best things?—*Babcock.*

SPRING FASHION NOTES

RECLINING chairs are worn quite long,

But less full than of yore,

With no elaboration as

The styles of winter bore.

All drapery has had its day,

The craze for it has died,

Which lessens the necessity

For tucking in the side.

In materials striped canvas

Still holds its old-time sway.

The back is curved a little and

The front is cut-away.

Dispense with extra padding, for

The fitting should be loose,

Allowing ease and freedom when

Applied to constant use.

The idea is developed in

A sweetly simple way,

With severity of outlines—

(Hard lines some people say.)

Utility's the keynote and,

The strictly plain effect

Will for the coming season be

Exclusively correct.

This design is a model which

Has certainly much air,

Tho' chiefly when adapted to

Sea-shore and mountain wear.

It is an easy pattern that

Can not fail to delight,

And may be worn with comfort if

It is adjusted right. — J. McC.

WHIFFS OF SAN-SAN.

(By Fra Filbertus.)

Colonel Andrews of one of the Dakotas found four five-leaf clovers the other day. Now he is suggesting a new kind of broth.

❧

Mr. Armstrong of Uniontown, Pa., discovered an inhabited robin's nest yesterday. While fondling the robin's Mother Redbreast swooped down upon him with all feathers up. He lost one suspender button in his retreat.

❧

The members of the Squirrel Club recently received a cocoanut from one of the charter members, John S. Phillips, manager of the *American Magazine*. A cracking time was had, after which the brains of the nut were scrambled into a choice custard arrangement.

❧

It is mighty suggestive that one of the leading butchers of southern Indiana should be staying at the Sanitarium. He attributes his ailments to meat eating, and when he can get the best what do the rank and file get?

❧

WARNING: You who sneak off downtown and partake of the "forbiddens" must know that Colonel Yogurt will get you if you don't watch out.

❧

The young man who ordered protose at his first meal may be pardoned for expecting soup.

❧

Mr. Habitual Coffee Drinker thought he craved a cup of the fluid the other day. Two sips were quite enough for him.

❧

A chap who walked eight miles the other morning used to grumble when he had to go up to the corner to mail a letter.

❧

"O, Bromose Me" may be obtained at the food booth, words, music, protein, fat and carbo.

❧

Cleopatra.—Pine nuts and pineapples are cousins in name only.

"Don't forget that getting health is like digging in a gold mine. The longer you dig the more you get. It takes four months to raise a crop of potatoes. A good crop of health can scarcely be expected in less time. Improved health requires improved tissues. New tissues are produced in the same way as new potatoes,—by the process of growth. Improvement without tissues is only brief and temporary. Few patients are substantially benefited in less than three months. Four to six months is the average time required for substantial and permanent results."

KODAK



"Oh for a KODAK!"

Yes, you've said it yourself many a time. Where there's a home; wherever there are children; wherever there's a thing that holds real interest for mankind—there is need of a KODAK. LET US SHOW YOU.

KODAKS, \$5.00 to \$100.00. BROWNIES, \$1.00 to \$12.00.

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Shirt Waist Linens by the yard.
Hand Made Embroidered Collars.

Instruction Free

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PERSONALS

Mr. Howard G. Haynes of Chicago is a guest here.

Mr. George Harvey of Canton, Miss., is here as a patient.

Mr. L. C. Wilkins of Two Rivers, Wis., is a patient here.

Mr. L. H. Faulk of East Liverpool, Ohio, is a recent arrival.

Mr. J. A. McDonald of Algona, Iowa is here taking treatments.

Mrs. W. N. Reardon of Midland, Mich., is here for treatment.

Mr. and Mrs. C. I. Wills of Chicago have come here as patients.

Mr. H. J. Hyde of Marshall, is among the recent Michigan arrivals.

Mr. and Mrs. W. E. Hostler, Meadville, Pa., have come here for rest.

Miss Alice E. Townsend of Flint, Mich., is a patient at the institution.

Mr. David Teterat of East Norwood, Ohio, is resting here this week.

Mr. William A. Mundhenk of Cincinnati is resting at the Sanitarium.

Mr. L. E. Vanderwarker of Gull Lake is here for a course of treatments.

Miss Nannie Tison of Baldwin, Miss., has returned for further treatment.

Mr. J. W. Smiley of Schenectady, N. Y., is sojourning at the Sanitarium.

J. A. Sheldon of Ludington, Mich., has returned for further treatment.

Miss C. Bain of Winnipeg, Manitoba, is a recently arrived Canadian guest.

Mr. and Mrs. D. Schoenfeld of New York City are new arrivals this week.

Dr. George Wilcox of August, Kan., is taking treatments at the institution.

Mrs. H. M. Personett of Thurmond, W. Va., has come north for recuperation.

Mr. Joseph Lamb of Grand Rapids, Mich., is spending a few weeks here resting.

Mr. and Mrs. Chester Cameron of La Valle, Wis., are patients at the Sanitarium.

Mr. A. Campbell of Marshfield, Wis., is at the institution for rest and recuperation.

Mrs. W. J. Gamble and daughter Margaret of Seabreeze, Fla., are patients here.

Mr. W. A. Bohn of Fort Wayne, Ind., has returned for further rest and treatment.

Mrs. W. H. Bidpath and daughter, Miss Nellie Bidpath of Chicago are resting here.

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Mr. T. J. Patterson of Chatham, Va., is a recently arrived visitor from the South.

Mrs. L. C. Gilbert and daughter Eulala of Grand Island, Neb., are recent arrivals.

Miss Fannie E. Lee of Seaside Junction, Ont., came here this week to remain as a patient.

Mrs. M. E. Bascome of Dowagiac, Mich., has come to the Sanitarium for rest and treatment.

Dr. J. T. Upjohn of Kalamazoo paid a visit this week to Mrs. Upjohn who is a patient here.

Mr. and Mrs. Byron D. Forshay and son Royce of Anita, Iowa, are patients here this month.

Dr. and Mrs. C. P. Farnsworth of Chamberlain, N. D., stopped off here this week en route to Washington.

Mr. H. D. Dwight and wife of Syracuse, N. Y., are paying a visit to the institution, having arrived this week.

Mr. V. A. Powell of Pittsburg, who has paid two visits here this year returned this week for further treatment.

Mr. G. W. Knowlton of Watertown, N. Y., a prominent paper manufacturer, is here for rest and treatment.

Mrs. J. A. Merrill and daughter, Mrs. K. Merrill of Green Bay, Wis., are among the week's new patients.

D. Mackie of Seannon, Kan., is resting here. Mr. and Mrs. Richard W. Bennett of Richmond, Ind., are guests here.

Mr. James Pryor and Miss Ethel Jane Pryor returned to their home in Houghton, Mich., this week after a stay of two months.

Mr. and Mrs. C. A. Blanchard of Wheaton, Ill., are spending a period of rest here. Mr. Blanchard is president of Wheaton college.

Mr. Franklin C. Moore and brother C. F. Moore of St. Clair, Mich., frequent patrons of the Sanitarium, returned this week for treatment.

Mr. and Mrs. Charles A. Wickersham of College Park, Ga., spent Sunday here. Mr. Wickersham is president of the Atlanta and West Point Railway.

Mr. and Mrs. Thomas M. Worcester of Cincinnati, Ohio, arrived at the Sanitarium on Monday. Mrs. Worcester will remain for some weeks and take treatments.

Mr. T. J. Norton accompanied his sister, Miss Katharine Norton here the past week. Miss Norton will remain for a few weeks and take treatments, later she will join her brother for a trip through the Yosemite Valley.

News Notes

Dr. and Mrs. J. Byington will return from their trip abroad about June 15.

Dr. Gertrude Johnson was called home Saturday by the serious illness of her sister who resides in Minneapolis.

The date for the graduating exercises of the Domestic Science class, numbering twenty-five has been fixed for June 14.

Dr. W. F. Martin and family are expected home next week. They have been spending the winter at Gnanica Centrale, Porto Rico where Dr. Martin has been introducing the Battle Creek idea to the employees of the largest sugar company in the world.

Miss Elizabeth Neal entertained informally Monday evening at the home of Dr. and Mrs. Elmer Eggleston, in honor of Miss Edna Robinson, who will leave shortly for Canada, and for Miss Harriman, who has accepted a position with a Chicago publishing house.

Mrs. Mary Foy and Miss Charlotte Dancy will leave June 7 to attend the meeting of the National Nurses' Alumni Association to be held in Minneapolis June 8-11. Next Thursday they will go to Saginaw to attend the meeting of the Michigan State Nurses' Association.

Several of the physicians on the Sanitarium staff, including Dr. Kellogg, will attend the meeting of the American Medical Association to be held June 8-11 at Atlantic City. The Sanitarium will have an exhibit showing all phases of the system, including treatments, laboratory research, diet, etc. This will be in charge of Miss Zahn and Dr. Louie Vandervoort. The educational field will be in charge of Dr. Colver and Miss Cooper.

The old business office and mailing rooms of *Good Health*, on the first floor of the College building are being fitted over into a laboratory for the use of Domestic Science students, nurses and students of the academic department. Three long rows of desks to accommodate between twenty-five and thirty are being built in and will be equipped so as to be used for either physical or chemical work. The room is large, airy and well lighted and the arrangement will fill an urgent need in the work of the students.

An elaborate program of gymnastics feats will be given Saturday night in the Sanitarium Gymnasium under the direction of Mr. Winjum. Throughout the evening the orchestra will dispense music. The program will begin at 7 o'clock, with a grand march in which all the

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patients are asked to participate. Following this there will be:

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Flying and traveling rings.....	R. Smith
Song—The Boys of the Old Brigade.....	Mendelssohn Chorus
Horizontal bars.....	Gymnastic Team
Indian clubs.....	Mr. Spitzner
Parallel bars.....	Gymnastic Team
Long horse.....	Gymnasts
Slack wire act.....	La Buda
Pyramids.....	Gymnastic Team

ARRIVALS

THE list of arrivals for the week ending May 17 is as follows: H. H. Albert Ind.; G. M. Gunderson, Ill.; V. A. Powell, Pa.; L. H. Faulk, O.; William A. Mundhenk, O.; L. E. Vanderwarker, Mich.; Miss Nannie Tison, Miss.; L. C. Wilkins, Wis.; F. J. Norton, Ill.; Miss Katharine Norton, Ill.; C. F. Barker, N. H.; W. M. Mooney, N. Y.; C. J. Mooney, N. Y.; Mrs. H. Baumgart, O.; S. P. Derashageon, India; Mr. and Mrs. D. B. Forshay and Royce, Iowa; H. J. Hyde, Mich.; A. Fall, O.; Mrs. William Reardon, Mich.; Adam Knope, Ill.; L. L. Bascome, Mich.; Mrs. L. F. Stahle, Mo.; Mrs. F. H. Steiche, Mo.; Mrs. L. C. Gilbert and daughter, Neb.; Mrs. and Nellie Ridpath, Ill.; C. F. Moore, Mich.; Miss Alice E. Townsend, Mich.; George Shepherd, Ind.; Alexander Lambe, O.; T. J. Patterson, Va.; Mrs. W. J. Gamble and daughter, Fla.; George F. Anderson, Ind.; Freeman Owens, Ark.; H. D. Dwight and wife, N. Y.; F. Moore, Mich.; George Harvey, Miss.; Aaron E. Ramsey, Ind.; Dr. George Wilcox, Kan.; Mrs. G. F. Spills, O.; A. Campbell, Wis.; William F. Wolffe, Mich.; J. A. McDonald, Iowa; W. A. Bohn, Ind.; Mrs. E. Gilmartin, Ind.; Miss Alice Gilmartin, Ind.; J. A. Sheldon, Mich.; C. L. Dickey, Ind.; G. B. Jack, Ind.; Mrs. W. V. Deck, O.; S. M. Crombie, Mich.; E. Bain, Manitoba; Dr. C. P. Farnsworth and wife, S. D.; Mr. and Mrs. Arthur Noble, Cal.; Mrs. J. C. Merrill, Wis.; Mrs. K. Merrill, Wis.; B. F. Otto, Mich.; W. J. Keating, Mich.; D. Mackie, Kans.; William Klorme, O.; Mrs. B. M. Maas, city; W. L. Gardner,

M. D.; Mrs. C. A. Blanchard, Charles A. Blanchard, Ill.; Charles A. Wickersham and wife, Ga.; Mrs. G. Bethke, Ill.; W. E. Hosler and wife, Pa.; Mrs. H. M. Personett, W. Va.; R. E. Jones, O.; Mrs. Andrew Ross, city; A. B. Scarborough, Texas; J. M. Rhodes, Ind.; J. F. Upjohn, Mich.; B. G. Lounsbury, Ill.; F. A. Torrey, Mich.; C. C. Patterson, Iowa; Benjamin Wilk, Ill.; Mrs. A. H. Barthol Conner, Pa.; Karl W. Heidenthal, city; Mr. and Mrs. R. W. Bennett, Ind.; Fannie E. Lea, Ont.; A. M. McMillan, Mich.; F. W. Schwartz, Mich.; H. A. Ebroline, Mich.; J. W. Smiley, N. Y.; Mr. and Mrs. D. Schoenfeld, N. Y.; I. M. Simmons, Ky.; C. I. Mills and wife, Ill.; W. H. Lamphere and wife, Ill.; Chester Cameron and wife, Wis.; Mrs. N. K. Sheldon, city; N. M. Greenberger, O.; P. H. M. Worcester and wife, O.; Gella Brasler, Ill.; Mrs. H. W. Hawley, Mich.; C. A. Squire, Ill.; Harry Greenberger, O.; H. J. Foulks, Ind.; Dr. C. A. Foulks, Mo.; Mrs. Helen Landerer, Ill.; A. G. Wagoner, Ill.; Thomas S. Ainge, Mich.; William B. Betts, Mich.; Mrs. Samuel McCall, Ky.; P. L. Notham, Texas; Charles Nathan, Ark.

COLLEGE PRESIDENT SPEAKS

PRES. C. A. BLANCHARD of Wheaton College, who, with Mrs. Blanchard, is staying at the Sanitarium, spoke Sunday night in the parlor, taking for his text, "The spirit of a man will sustain his infirmities; a wounded spirit who can bear?"

His talk, though brief, aimed to prove that a strong, courageous spirit was the secret of a long, happy, useful life. He cited many instances to prove that a strong will could bear up a broken diseased body, and also proved that many of our ills were imaginary. "Often," said he, "we do not need our health or circumstances changed, what we need is to have our mind changed. Mental healing was known and preached more than three thousand years ago. There is nothing that would benefit the world more, physically, than to have mankind come into the right relation with God and man." The speaker said that he had had five cases in his own experience which proved to him that God directly interferes and stays from death in direct answer to prayer, and that in a subsequent talk he would tell them of those experiences.

DAY BY DAY

I HEARD a voice at evening softly say,
Bear not thy yesterday into-to-morrow,
Nor load this week with last week's load of sorrow.
Lift all thy burdens as they come, nor try
To weigh the present with the by and by.
One step and then another, take thy way;

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The Seventh Day Baptist Church of Battle Creek

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Pastor Rev. J. G. Burdick,

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THE BATTLE CREEK IDEA

VOL. II No. 25

BATTLE CREEK MICH. MAY 28 1909

Price 2 Cents

The State Convention

The Thirty-Fifth Annual Convention of the Michigan Women's Christian Temperance Union at Battle Creek, Michigan, June 1, 2, 3 and 4. Banquet to the Delegates at the Sanitarium

NOT ONLY STATE BUT NATIONAL OFFICERS WILL BE PRESENT

PREPARATIONS for the coming State Convention of the W. C. T. U. are now well completed and the expectations are for a large and important meeting. Not only the State officers,

in the First Methodist church. The following is the published program:

GENERAL OFFICERS

President—Mrs. E. L. Calkins, Battle Creek;



Mrs. Lillian M. N. Stevens, President National W. C. T. U.

but many of the National office bearers will be in attendance. Among these will be Mrs. Lillian M. N. Stevens, the National President of the organization.

The meetings of the Convention will be held

Vice-President-at-Large—Mrs. Jennie Voorhies, Plymouth; Corresponding Secretary—Mrs. Julia R. Parish, Bay City; Recording Secretary—Mrs. Annie Andrus, Detroit; Treasurer—Mrs. Stella B. Roben, Big Rapids.

(Continued on page 2)

Sleep—Nature's Sweet Restorer

Dr. J. H. Kellogg Lectures to Patients and Guests in Sanitarium Parlor on This Important Subject

WORK WELL TO SLEEP WELL

IN the first place, if one wants to sleep, he must earn the right to sleep. You know that the Bible says, "He that will not work, neither shall he eat." And nature says, "He that will not work, neither shall he sleep." One must earn the right to eat, or at least to digest, by work, and he must earn the right to sleep by work. Sleep is Nature's sweet restorer, we say, but Nature can not restore unless there is something to restore. If one is going to enjoy his sleep, and to have restful, reparative sleep, he must first have done something to expend, to wear out, to tear down; otherwise there is no restoration to be performed. The Bible says, "The sleep of the laboring man is sweet." It is the idle man who has troubled sleep, the man who is living on the fruit of other men's labors.

The average man at the present time is hunting about to find some way in which he can get a living without sweating. To dodge the sweating is the ambition of the average young man today, I believe; the young man who is looking forward to manual labor as a means of support, or a man who gets his living by the work of his hands is looked upon as a menial. The higher classes are supposed to be the people that don't have to work. Now, my friends, there isn't any greater privilege, there is no greater blessing to mankind, than the necessity for working. Labor, healthy, honest labor, is the greatest possible blessing to the human race. If everybody should cease to work, what would become of us? If society were all made up of theaters, social events, and festivities, having a good time,—if all the people who live were devoting their time to such pursuits, think what the world would come to in a little while! We would be just what Rome was before it went to pieces in its degeneracy and its intemperance.

WE ARE GRADUALLY WORKING THAT WAY

Our increasing city population is a menace. Some of our more populous states have half their population living in the cities at the present time, and it is the greatest possible evil to them and the world. These great aggregations of men and women accumulate filth until the soil becomes so polluted that it is absolutely dangerous to breathe the air in the vicinity.

The lungs of a man twenty-five years of age who has lived in a large city are almost as black as your shoe. The lungs of a man living in the country are pink or gray, they have a natural flesh hue. The laboring man who lives out-of-doors and works with his hands, he is the man that can sleep, because the process of work introduces into his body a large amount of air. It is exactly like the bellows to the blacksmith's forge,—it blows the fires, increases the draught; whereas breathing pumps oxygen into the body and so burns up the waste material.

The reason why one can not sleep at night may be because he has a troubled conscience. Then he ought never to sleep until he has fixed things up. It may be, however, his conscience is all right, void of offense, and in that case almost the universal reason why people don't sleep at night is the presence in the blood of poisonous matters that irritate the brain cells and keep them working. The back part of the brain is where sensations and impressions of sight and hearing, sound pictures and sight pictures, are stored up. All sorts of impressions and pictures of experiences are stored up there. Now, when we want to recall anything, the front portion of the brain sends a message to the back part, through the branches of its nerve cells which connect with the cells in the posterior brain. Now, when you want to recall something, you stimulate the nerve cells in the anterior brain and cause them to thrust their little fingers forward, and they make a contact with that particular cell that has stored up in it the idea you want. So if you try to think of a name, perhaps, your cerebrum or front brain pushes out its branches, and by and by they touch this one, and you recognize at once that you have found what you wanted.

There is a group of cells each one of which is connected with your business, perhaps, and as long as the connection continues, all that business is up before the mind. Here is a man that goes to bed. His cells have been in contact all day, thinking business, business, business, all day long, and he goes to bed and wants to go to sleep, but he can not get that business out of his mind, because it is fast there and won't let go. The little nerve branch connected with business is simply stuck fast and he can not get it off. It is because these brain cells have been stimulated, irritated so much along this line that their contact has become too firm and the irritating substances in the blood make it impossible for the inhibitory centers to act.

There are inhibitory nerve centers whose function is to call a halt, to cut off these connections of the consciousness with the sub-consciousness. When it comes time to go to sleep, you are tired, and the weariness is an inhibitory force. When you get real tired it is very difficult to think or to do anything. Nature simply says it is time to stop, time to shut up shop; and she puts the brakes on the wheels and stops the machinery. That is what weariness is.

Now, there may be poisons in the blood which antagonize this inhibitory influence I am speaking about, and keep the wheels going when they ought to stop. Some of you have read Artemus Ward's story about his mule. He told how his mule was so contrary it would keep going when he wanted it to stop, and never would go when he wanted it to go; and the story finally ended with the remark,

"MY MIND IS MY MULE."

The mind is a wonderfully mulish organ sometimes, and the reason is the physiologic inhibitions do not work right. You may pull down the shutters, the curtains, and put out the light when it is time to rest, but the brain cells are all stimulated, excited in such a way that

they can not stop the machinery. These connections are made so hard and fast that they can not be broken. They may be partially broken, and then you will go to sleep and dream of things you have been doing during the day. When a man's business follows him into dreamland, he ought to take warning that his brain is getting diseased. It is time for him to stop.

Some of the poisons I have mentioned are generated in the colon. The first thing to be done is to get rid of them. The reason why exercise and labor are so beneficial even in these chronic cases of insomnia, is that they stimulate natural peristaltic activity which keeps the bowels free, aids digestion, helps to kill off germs, introduces oxygen into the blood which burns up the toxins which are irritating the brain. And so I say, a large share of cases of insomnia can be cured by the simple life, by a simple, natural outdoor life.

But sometimes

INSOMNIA IS SIMPLY A HABIT

Sometimes when the causes are removed, insomnia still haunts the patient, as a most tenacious malady. One of the best things to aid in producing sleep is a simple, non-stimulating dietary, the avoidance of tea and coffee, which are irritants to the brain. Everybody knows that coffee or tea will often keep a person awake.

The next best thing I know of is the neutral bath, and it certainly has wonderful power to put people to sleep. I have used it a great many years, and with very great success. The principle on which the neutral bath operates is this: While the person is in the neutral bath, all the external irritants are shut off. The bath is neither hot nor cold—a temperature of 92 to about 96 deg. At that temperature there is no sensation of heat nor cold; there is no stimulation of the nerves: the nerves of the skin absorb water, become water-soaked, and in that way they lose their sensibility. Water is absorbed into the system also to some degree, which aids the kidneys in carrying off the poisons; so this bath really becomes a powerful therapeutic measure.

The wet-sheet pack, the heating compress, and various compresses, are found to be most efficacious. In Germany one of the most common remedies for sleeplessness is a wet stocking. It is a long, wet stocking pulled on, and a dry stocking pulled on over it. That has been used for 150 years among the peasantry of Germany as a means of producing sleep.

But first of all, get your mind, your heart and your soul at peace. I think offering a prayer at night, or the attitude of prayer at bedtime is the best kind of a soporific. When one prays, he puts everything out of his mind; he puts himself in harmony with the great universe, with the great, beneficent Power that cares for us all the time; he brings into his mind the most beautiful and the most lofty thoughts, gets away from himself; and if one keeps his mind in that attitude, it is exceedingly conducive to sleep. I have often read a Psalm to put me to sleep. Good, sound, practical, sensible religion is one of the best things to help a man to sleep I know of; yet a good many good Christian people don't sleep. They are not making use of the natural means that are right at hand for getting rid of their distressing ailments. They do not avoid the causes which produce the ills of life, and so their religious experience does not do for them all that it should do.

No man can be wholly uneducated who really knows the Bible, nor can any one be considered a truly educated man who is ignorant of it.—*President Schurman.*

A GREAT W. C. T. U. MEETING

(Continued from page 1)

"Behold What Hath God Wrought."

TUESDAY AFTERNOON, JUNE 1ST.

- 2:00 Consecration Service, led by Mrs. Leona T. Field, Evangelistic Superintendent.
- 2:30 Roll Call.
Appointment of Committees: Courtesies, Credentials, Finance.
Committee on Resolutions.
Miscellaneous Business.
County Presidents' Problems (2 minutes each).
- 4:00 A Lesson in Law and Order, Mrs. A. S. Benjamin.
- 4:30 Memorial hour, Mrs. Annie L. Andrus.

TUESDAY EVENING, 7:00 P. M.

- Banquet given at the Sanitarium to the delegates.
- Toast-mistress: Mrs. E. L. Calkins.
- Our Boys and Girls, Mrs. C. W. Pelham.
- Our County Presidents, Mrs. M. J. Ennis.
- Our District Presidents, Mrs. Jennie Harrington.
- Drug Store Health, Mrs. Grace Calkins Morse.
- General Officers, Mrs. Jennie Voorbies.
- Stereopticon Lecture, Dr. J. H. Kellogg.

WEDNESDAY MORNING, JUNE 2ND.

- 8:30 Department Conferences.
- 9:00 Devotional Services.
- 11:00 President's Hour, Mrs. E. L. Calkins.
- 12:00 Noontide Prayer.

WEDNESDAY AFTERNOON

- 1:30 Devotional Service.
- 1:45 Miscellaneous Business.
Department Work.
Treasurer's Report, Mrs. Stella B. Roben.
Auditor's Report, Mr. George L. Stone.
Report of Vice-President-at-Large, Mrs. Jennie Voorbies.
Report of Corresponding Secretary, Mrs. Julia R. Parish.
Auditor's Report, D. O. Smith, Accountant.
- 3:30 School Savings Banks, Supt. W. J. McKane, Albion.
- 4:00 Local Option Demonstration, led by Miss Agnes Simmons.

WEDNESDAY EVENING

- 7:30 Music. Organ Solo, Prof. W. S. Columbus.
Devotional Service, Rev. W. S. Potter.
Greetings (5 minutes each).
Trombone Solo, Mr. Wm. Drever.
Music. Vocal Duet by Miss Gail Columbus and Miss May Daisy Wood.
Response, Mrs. Dora Bliss.
Collection.

THURSDAY MORNING, JUNE 3D.

- 8:30 Department Conferences.
Devotional Service.
- 9:15 Reading Wednesday's Journal.
Miscellaneous Business.
District President's View Points.
- 10:45 Election of Officers and National Delegates.
- 12:00 Noontide Prayer and Adjournment.

THURSDAY AFTERNOON

- 1:30 Devotional Service.
- 1:45 Miscellaneous Business.
District President's View Points.

Piano Solo, Miss Mabel Landon.

Debate: Resolved that the Press is more powerful than the Platform.

Ladies' Quartette.

4:00 Address, Dr. Carolyn Geisel.

4:45 Question Box, Dr. J. H. Kellogg.

THURSDAY EVENING

7:30 Organ Voluntary, Mrs. Edwin A. Bush.
Devotional Service, Rev. C. E. Hoag.
Solo, Mrs. C. S. Gorsline.
Address, Mrs. Lillian M. N. Stevens,
President National W. C. T. U.
Collection.
Miss Anna Gordon, Vice-President-at-Large of National W. C. T. U.
Gould Trio.

FRIDAY MORNING, JUNE 4TH.

8:30 Department Conferences.
9:00 Devotional Service.
Department Work (7 minutes each).
Unfinished Business.
12:00 Noon-tide Prayer and Adjournment.

FRIDAY AFTERNOON

1:30 Devotional Service.
1:45 Miscellaneous Business.
2:00 Report of Committee on Resolutions.
The Medicine Chest, What It Should and What It Should Not Contain, Miss Margaret J. Bilz.
Address, Rev. Mecca Marie Varney, National Superintendent, Franchise.
Solo, Miss E. Ruby Smith.

DELEGATES' SYMPOSIUM

What Next? Does a Bank Account Pay for the Local Union?
5:00 Adjournment.

YOUNG PEOPLE'S NIGHT

7:30 In charge of Miss Margaret J. Bilz.
Collection.
Benediction.

The Sanitarium Pulpit

How Divine Goodness Utilizes Human Wrong-Doing

THIS was the theme chosen by Pastor G. C. Tenney for his discourse in the Sanitarium chapel Sabbath morning, May 22. The speaker employed considerable time in reading from Genesis the story of the two visits of Jacob's sons to Joseph in Egypt, and commented upon their various experiences, drawing parallels between those experiences and individual experiences of the present day. Joseph is perhaps more than any other Bible character, a prototype of Jesus Christ, both in his spirit and in the circumstances of his life. It was said of Christ, "Him hath God exalted by his right hand to be a Prince and a Savior, for to give repentance to Israel and the forgiveness of sins." These words may in a modified meaning be applied to Joseph, his salvation being a temporal one; and his mediatorship resulted in bringing his wayward brothers to the foot of the cross where they found the peace and blessing of God. These brothers were hard, undisciplined men, who had brought no end of grief and anxiety to their father, and yet they were designed to become the pillars of God's cause upon earth. Their names were to be handed down to all posterity as standard bearers in the movement which resulted in separating a people to bear the name of God upon earth. It was necessary for them to pass through an experience which would qualify

them thus to stand before the world in all succeeding time. Divine wisdom devised and executed a plan by which these men were compelled to pass through a very trying experience which brought them at last to a humble acknowledgment of their wickedness and transgressions.

The part that Joseph acted in this divine drama was that of a mediator between God and his brothers. He exhibited the qualities both of justice and of compassion. He "spoke roughly" to his troubled brothers, laid serious charges upon them, inspired their hearts with a serious sense of their own waywardness, and wrung from them the confession of their wrongs to their father and their brother. Joseph was not known to them, but they were well known to him. So it is in our relations to our Heavenly Father; we do not know him, though he thoroughly knows us. It is often difficult for us to interpret his Providences. Sometimes he seems to frown upon us seriously and we are frightened by what seems to be his stern attitude. But Joseph was not all frowns. He filled their sacks full of food, returned to them their money, sent them away loaded with blessings for which he took not one cent. And it is thus that God mingles blessings with discipline to all his children.

His brethren returned from their first visit with the positive injunction to bring with them their youngest brother. They were not to see the man's face unless their youngest brother be with them. This was a hard requirement, especially as it was hard for the aged father, who at first refused to give up his only treasure, and it was only when actual starvation looked him in the face that he at last gave his reluctant consent and said resignedly, "If I am bereaved, I am bereaved."

Here again we learn an important lesson, for many of us are withholding from God one object of our affection. It may be some dear one, some loved association, or some darling habit that we are not willing to surrender to God. But the blessing of God will never rest upon us as long as there is one cherished object between us and him. Not that the Lord wishes to take our blessings from us, but he wishes us to feel and acknowledge that they all belong to him. In the midst of these seeming afflictions Jacob exclaimed, "All these things are against me!" So it seemed to him. Life was drawing near its close, and the clouds seemed to settle lower and blacker than ever, boding a stormy, tempestuous night. But we can see from our viewpoint that things were not against him, that the Lord was working for him, and that his sun was destined to set clear and beautiful.

The second visit of the brothers to Joseph is of even more thrilling interest than the first. Going to the dreaded mansion of the governor with fear and trembling, they found that all their forebodings were for nothing. Blessings and kindness awaited them where they had looked for harshness and oppression.

Simeon was restored, they feasted and drank with the governor, he put his hands of blessing upon the lads, they were sent away with their sacks overflowing with food, with plenty of rations for their journey and with every mark of kindness upon them. Their difficulties seemed to be all in the past. Their hearts were full of joy as they took up their homeward journey at the dawn of day. They were now at liberty to traffic freely. Both Benjamin and Simeon were restored to them, and the future seemed bright and happy. Then suddenly there burst upon them the greatest trial of all. Benjamin, their beloved brother, was caught with the evidence of theft upon him. There was no denying their guilt. They had no plea to make but the cry for mercy, and prostrating themselves in the dust they placed themselves fully in the hands of their Lord with the plea for mercy. Through all this experience Joseph's heart had yearned over his brethren with the tenderest sympathy. He could restrain his feelings no longer.

The plea of the lion-hearted Judah for his father and his brothers, as he compassionately appealed to give his life for theirs, clearly revealed to Joseph that his brothers had at last reached a point where the blessing of God could freely rest upon them. Suddenly he was transformed before them from the terrible governor to the loving brother. "I am Joseph your brother," he exclaimed, and the announcement filled their hearts at first with terror, for visions of vengeance at once came to their minds, but as he held out his arms and invited them to come near him, embraced them and kissed them, assuring them of his love, and showing them how God had woven into his great plan their sins, they were at last convinced that they had fallen into the arms of Divine love and compassion. They were graciously received by Pharaoh and his servants, loaded with every evidence of favor and kindness, sent home in haste to bring down their father, their wives and their little ones, in order that they might be nourished by the best of the land.

In these circumstances we have a most vivid representation of the manner in which God seeks to bring us low at the foot-stool of divine grace where we may receive his benediction and blessing.

THE main dining-room of the Sanitarium has been undergoing a process of redecoration for some time under the skilful and talented direction of Mrs. Sarah Ward Conley, of Nashville, an artist of unusual ability. Last summer Mrs. Conley superintended the decoration of the parlor and lobby, very much to the satisfaction of all who have seen her work. The work of the dining-room has now reached a point where its final excellence is clearly manifested and the work elicits admiration from all who examine it. Mrs. Conley's work as an artist has won for her a large circle of admiring friends at the Sanitarium.

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SUBSCRIPTION RATES

One Year	- - -	\$1.00
Six Months	- - -	.50
Three Months	- - -	.25
Per Copy	- - -	.02

VOL. II MAY 28, 1909 No. 24

"THE BATTLE CREEK IDEA"

THE above term originated probably with Professor Shea of the University of Wisconsin, and was intended to refer, not to the city itself, nor yet to the Sanitarium as an institution, for there are many philanthropic institutions located here and there in various parts of the country. But the name "Battle Creek," has become famous in all the world and the source of that fame is largely the Battle Creek Sanitarium; and the origin of the Sanitarium's fame is found, not in its buildings and equipments, not even in the men and women who compose the working force, but in the great truths and principles for which they labor, for which the buildings and their equipment stand, and for which the name of Battle Creek largely stands in all the world.

Not that there is anything novel or occult in these principles. They are extremely simple and natural. They grew out of well-known facts, and are noted only for their faithful adherence to the works of the great Creator so abundantly manifested around us on every hand. The aim and work of those who represent the "Battle Creek Idea" is solely to bring people to the knowledge and recognition of natural conditions, and to apply those conditions to the treatment of disease, and all forms of suffering.

The Battle Creek Idea is indeed the Gospel in its broadest sense, the good news of redemption and saving power, a divine power that saves from transgressions, a divine science that leads its followers into paths of peace and blessings. Natural ways are God's ways. Nature's laws are not enacted by nature they are established by the God of nature, and are only an expression of God's habits, or ways. To be in harmony with nature in its truest and simple forms is to be in harmony with the Author of nature, and that means physical righteousness; and physical righteousness is part and parcel of the divine character as well as is moral rectitude.

To give voice to these grand truths is the mission of our paper, appropriately named "THE BATTLE CREEK IDEA." Its primary object is not the news of the day, nor floating gossip, innocent or otherwise, it is not to advertise a business, or promote a scheme; it aims at presenting the truths embodied in the term that stands as a caption to this article because there is in these truths the healing of the people, the saving of the nations.

THE BATTLE FOR LIFE

"To be or not to be; that is the question." It is a question with which the human race has struggled from the beginning until now—not exactly Hamlet's question as to whether it would be better to "shuffle off this mortal

coil" or not, but a question of existence. Long ago men surrendered to the inevitable fate that finally awaits us all. It was long ago discovered that no man, by any possible means, could do more than delay the time when his worst enemy would conquer him. His best efforts have been directed to the end of delaying this fatal issue as long as possible. Gradually death has gained upon the average period of human existence until a score and a half of years have come to be regarded as the average length of the struggle.

In these latter days of active thought and investigation the science of preserving human life has been by no means neglected. Under the impulse given to it by powerful and active minds, medical knowledge has received a great up-lift within the last few decades. The nature of disease has come to be understood. There is far less empiricism and far more of the absolute knowledge and science in the treatment of disease than in former years.

Many of the worst maladies have been brought well under control and practically banished or deprived of their terrors with the advancement of medical knowledge and practice. Sanitation, hygienic measures, quarantine and preventive barriers have done much to protect the human family from the terrible inroads of devastating epidemics of disease. But notwithstanding this, the battle is by no means gained, for while sanitary science and medical practice have made great advancement in this age, virulent diseases are still praying upon mankind with an increasing and alarming power.

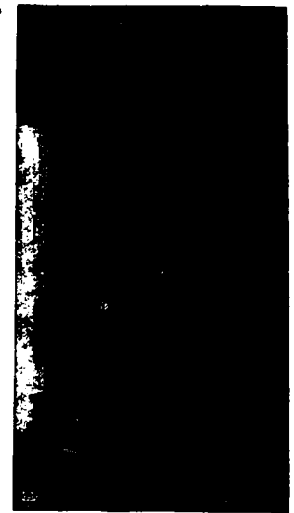
Perhaps the principal battle at the present time is with the great white plague, and modern science is summoning her forces to meet this terrible foe. The frequency of cancer is becoming an alarming symptom of our time. The prevalence of nervous diseases and breakdown are becoming much too general, and the forces at work undermining the vital functions of digestion and assimilation are making terrible inroads upon the health and lives of the public. Hospitals, sanitariums, and health resorts are thronged with people engaged in a desperate struggle for life, so that while from one view-point the field seems to show a victory for the people, another aspect of the battle seems to show increased violence and activity on the part of the destructive forces.

At a recent meeting of the Actuarial Society of America, the president, Mr. John K. Gore, of Newark, stated that there was evidence that during the past two hundred years there had been in Europe and America a more or less continuous increase in the mean duration of human life. But after presenting that side of the question at some length the speaker said that many diseases and causes of death had increased in activity in the last thirty or forty years in spite of the improvement in the general mortality rate. The death rates of heart disease, urinary diseases, and suicide, average more than fifty per cent higher than thirty years ago, and no doubt the same could be said of other maladies.

This is certainly a question in which we are all deeply interested. The lengthening of human life even for a few years means a great addition to the sum of human happiness and the practical results of life. No doubt, many of the causes of disease and death are preventable and the great majority of people are brought to an untimely end through their own neglect of those means which might have warded off the fatal termination.

NEVER esteem anything as of advantage to thee that shall make thee break thy word or lose thy self-respect.—*Marcus Aurelius.*

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PSYCHOTHERAPY AND CHRISTIAN SCIENCE

So-Called New Theories Discussed by a
College President

THEIR RELATION TO CHRISTIANITY

[Notes from an address delivered in the Sanitarium parlor, May 19, by Prof. Charles A. Blanchard, President of the Wheaton College, Ill.]

WHILE Psychology and Christian Science have some things in common, there are in reality more points of contrast than contact existing between them. Psychotherapy originated with, and is carried on, by the ministry. Christian Science originated with a woman and is carried on by the laymen, very few of the Christian ministers being engaged in the propagation of its tenets. Psychotherapy is carried on in connection with existing churches. Christian Science builds its own halls and places of assembly. Psychotherapy recognizes the Bible as its one source of authority. It has no visions or revelations outside of the Bible. Christian Science recognizes the Bible and also places on equality with it the writings of Mrs. Eddy. Her book, "Science and Health," is read in their assemblies side by side with the Scriptures. Christianity at large refuses to recognize any revelation or authority on an equality with the sacred Scriptures.

Many years ago when Christianity was young its leaders were called upon by the Pantheon at Rome to state the relation of Christianity to other religions and to correlate their God with the gods of the Pagans. This they utterly refused to do. They refused to place anything whatever in the same class with the infinite and unseen God. He alone is God, and there is none other. Persecution at once broke out upon the announcement of this position and this has been the basis of persecution ever since, because Truth is unwilling to compromise with error or place itself alongside others who claim divine prestige.

Christianity is exclusive. Christian Science is a composite religion admitting other authority than that of the Scriptures. Psychotherapy admits the testimony of the Scriptures, of science and of senses. Christian Science admits none of them, and practically denies the testimonies of the Scriptures by denying the existence of matter. It robs God of his prerogative as Creator. If there is no such thing as matter, then there is no such thing as creation, and if there be no creation, there is no Creator. The Scriptures and science and all our senses declare that matter exists. Christian Science denies it.

Christian Science teaches that there are no ills. Psychotherapy recognizes the ills of life and undertakes to teach us how to avoid them. Christian Science declares that the things which Scripture, science and reason assert exist are imaginary. Christian Science teaches that "God is all, that all is God," thus identifying the creation and the Creator.

Meeting one of my neighbors recently who is devoted to the Christian Science cult, I thought it my duty to speak to him in regard to spiritual matters, and met an unexpected rebuff which caused me to ask him if he did not believe in God. He replied, "I certainly do, for I am part of Him." He was God himself; that is, he was an infinitesimal portion of the Deity, thus removing any relation or distinction that

might be supposed to exist between him and God. Psychotherapy affirms this relation of creature to Creator. Christian Science says, "God is all." Psychotherapy says, "God is the cause of all."

My pocket knife is composed of the steel which composes the blade, the spring, and other parts, and the horn of which the handle is made. There is evidently a plan in its construction, a plan existing in the mind of him who made it, and the result of the plan and the action is seen in the knife. Should I assert to you that this knife exists merely by chance, and try to prove it, the report would go out that an insane man was addressing this congregation. So in the universe we behold designed fitness and adaptation, wisdom and energy, everywhere displayed, showing that it is all brought about as the result of some wise plan put into execution by infinite energy.

Psychotherapy admits and claims that Jesus Christ has come in the flesh, that he is the helper and the Savior of men. Christian Science denies that there is such a thing as matter, and therefore they cannot believe that Jesus Christ ever came in the flesh. There is no flesh, and if there are no bodies, Jesus Christ never had one, and no such thing as death could be; therefore, he never died. Psychotherapy recognizes the existence of sin and death. Christian Science denies such existence.

There is one point of criticism that may be urged against both these systems, and that is that they each claim to be new, whereas they are both very old. Christian Science has been known and taught in India for the past four thousand years. The principles of Psychotherapy are recognized and taught in the Scriptures written more than three thousand years ago, so that neither of them can claim to be of modern origin.

It is no part of my purpose to deny that many cures are effected through their agency. The majority of our ills are indeed more imaginary than real. Many of them may be dispelled and cast out of our lives by a determined exercise of the will. A man of strong

will when threatened with a headache may possibly say, "I will not give myself up to headache. I am going to give myself to work," and thus expell his headache. Some people are ill because they are so self-centered that their thoughts are only upon themselves, their sufferings are magnified and augmented by their own feelings. Christian Science operates readily upon this class of ills. Claims of Christian Science are not unmixed with truth, in fact, the mind can not retain unmingled error; there must be an element of truth in order that the mind may retain an idea. On the other hand, Psychology makes too much of man, and too little of God. It says to a man who feels his need of divine help, "Brace up and be a man. Exert your own will," instead of telling him in the language of the Gospel to repent of his sin and to believe in Christ for saving grace.

There is room, to be sure, for telling people to brace up. In many cases there is great need of it, but thousands upon thousands of men who were down have received that exhortation and then they have repeatedly tried to assert their manhood and have as often failed. While a few have escaped from the ills of life in this manner, thousands have utterly failed in the attempt.

My friend, Mr. ———, was employed in one of the great offices in the city of Chicago. From time to time he fell under the power of drink, although he often resolved to reform and touch it no more, but it still held its power upon him. One night after having indulged his appetite in this way he placed two bottles of whisky in his pockets and took the car for home. At the end of his journey, instead of turning to his house he turned toward the lake front and going out upon an unfinished pier drank the two bottles of whisky, stretched himself out upon a stringer expecting to fall asleep and in his drunken stupor to roll into the water and be drowned. He thought that would put an end to his troubles and his struggles. It did not work as he expected. During the night he awoke, found

(Continued on page 6)

SUNDAY EXCURSION, - May 30, 1909

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Domestic Science

BY RUTH C. TENNEY
Instructor Sanitarium Cooking School

Food Principles

IN beginning a course of study in scientific and healthful cookery it will be well to have an understanding of the food principles.

It is a very interesting fact that the body is made up of just sixteen elements, and there are also sixteen elements in our food. An element which is not already found in the body is not a food element, and is usually detrimental to the system. These elements compose what we term the Food Principles which are as follows:—

- I. *Incombustibles*
 1. Water.
 2. Minerals.
- II. *Combustibles*
 - a. Heat givers
 3. Carbohydrates—starch, sugar.
 4. Fats
 5. Oils
 6. Acids
 - b. Muscle formers
 7. Proteins
- III. *Indigestibles*
 8. Cellulose

Of the eight food principles given, the three most important ones to us are proteins, fats, and carbohydrates.

Carbohydrates are composed of carbon, hydrogen and oxygen, the later two elements being in the right proportions to form water (H_2O .)

Fats are composed of the same elements, but in a different proportion, there being a much

greater per cent of carbon. For this reason fats are more heat-giving than carbohydrates.

In protein we find the same elements, with the addition of nitrogen, iron, sulphur, and a few unimportant minerals. Nitrogen is its distinguishing element, and from this we get our term, nitrogenous elements.

We find protein in meats, peas, beans, lentils, grains, eggs, dairy products, etc. Protein foods change their names according to their source. For example, we obtain gluten from grain, albumen from eggs, casein from milk, and legumin from legumes.

Starch and sugar, the two forms of carbohydrates, are found in large quantities in rice, wheat, fruits, potatoes and other vegetables.

Olives, nuts, cream, butter, and some meats are rich in fats.

A well-balanced menu is one on which these food principles are found in the right proportion. About six-tenths of the menu should be carbohydrates, three-tenths fats and one-tenth protein.

In selecting a menu the climate or season, and the peculiar needs of the family should always be considered. The following dinner menu for this month would be both simple and well balanced.

Radishes	Olives
Clear Tomato Soup	CROUTONS
Marbled Beans	
Baked Potatoes	White Sauce
Stewed Asparagus	
Fruit Salad	Baked Custard
Cereal Coffee	

"STRAIGHT is the line of duty;
Curved is the line of beauty;
Follow the straight, and thou shalt see
The curved line ever follow thee."

PSYCHOTHERAPY

(Continued from page 5)

himself still on the stringer with the stars shining in his face. He was chilled with the night wind, and made his way home. There was a light in his window, and as he drew near he could see his wife engaged about the house, and nearer still he could hear her voice singing, "What a friend we have in Jesus, all our sins and griefs to bear." "Poor girl," said the intoxicated man, "What has Jesus ever done for you?" and then he reasoned that if Jesus Christ could make her heart to sing at midnight while she was tied to such a creature as he, it must be that he could save him from the curse of whisky. He did not become a Christian at once, but from that moment he laid hold of the strength of Christ and has never tasted liquor since, and is now a devoted Christian worker. His efforts to brace up had been a failure until Christ got him by the hand.

This is not an isolated but a typical case,

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BATTLE CREEK SANITARIUM SCHOOL OF PHYSICAL EDUCATION

Special Summer Course of Ten Weeks, from June 30th to September 10th, 1909

The Board of Directors of the Battle Creek Sanitarium have organized this school in order to crystalize the work in scientific massage, Swedish Gymnastics, Manual Movements, and general educational work along the lines of right living. This work has been carried on continuously for more than thirty years in connection with the gymnasium, lecture and class work for the patients, nurses, students, and general help of the Battle Creek Sanitarium. The summer course will be especially adapted to the convenience of teachers, university students, and others desiring a change of vocation and rest while at the same time earning their expenses and pursuing a profitable course of study.

The following subjects will be given: ANATOMY, HISTOLOGY, PHYSIOLOGY and HYGIENE, HYDROTHERAPY, MASSAGE, FIRST AID and EMERGENCY NURSING, DIETETICS, PHYSICAL DIAGNOSIS and ANTHROPOMETRY, GYMNASIAC NOMENCLATURE and TACTICS, GENERAL GYMNASIACS and MARCHING, MAT WORK and TUMBLING, APPARATUS WORK, WRESTLING and FENCING, CORRECTIVE EXERCISES and MANUAL SWEDISH MOVEMENTS, and ATHLETICS and FIELD WORK.

The tuition for the ten weeks' course is \$20.00. By working from three to six hours a day, each student will be able to pay practically all of his running expenses. An opportunity for such work will be offered in the various departments of the Sanitarium.

Any who are interested will be sent illustrated announcement with further details on request. Address,

The Battle Creek Sanitarium School of Physical Education
BATTLE CREEK, - - - MICHIGAN

and has been duplicated millions of times. There are many witnesses in this world to the power of Jesus Christ to save from sin and from disease and from death. There are not simply scores and thousands, but millions of such witnesses, not in this land alone, but in every part of the earth; not in our age, but in all ages, all of whom can testify to the saving power of divine grace. Bracing up has been tried thousands of times and has failed. "Repent and believe the Gospel," has been tried millions of times, and has never failed.

Should the teachings of Christian Science become prevalent in our land, as a result, prayer would cease and the Bible would be discarded. The ranks of Christian Scientists are at present filled with those who have been nurtured in our churches and on the Bible, and as long as this generation lives, faith in the Bible will be at least nominally maintained, but when a generation comes which has received its spiritual nourishment from Mrs. Eddy, which has been taught in the vagaries of these illusive theories, there will be no longer any room or place for the Savior that saves from death, or for the Bible which speaks of the material as well as spiritual things. The Bible teaches the reality of sin and of its consequences and warns men that if they do not cease their sinning they will surely suffer. Christian Science presents a more agreeable doctrine, that there is no such thing as sin, that there is no suffering as a consequence; and the more pleasing and soothing a doctrine, the more readily it will be received by the great masses. But God will care for his own truth. The church of Jesus Christ has withstood the shock of many attacks. The Bible is an anvil that has worn out many hammers.

On Saturday evening, May 22, under the direction of Physical Director A. R. T. Winjum, a class of Sanitarium nurses gave a very creditable exhibition of physical culture and aerobic performances. The team was led by Roy Smith, who had taken careful pains in drilling the young men for their several parts. Associated with him in the performances were James Roy, Carl Kelly, Samuel Haylock, I. H. Peck, Edward Baldwin, R. E. Shelden, Henry Spitzner, and Robert McCutcheon.

The exercises consisted of mat work and tumbling, exercises with the flying rings, horizontal bars and the long horse. The program closed with a beautiful exhibition of pyramid forming. Mr. Spitzner gave a fine exhibition of Indian Club swinging. Mr. Winjum gave some gymnasium steps, and the slack wire art was illustrated by LaBuda. The Sanitarium male chorus, under the leadership of O. C. Edwards, made its first public appearance on this occasion, and was given well-merited applause. The Sanitarium orchestra, under the leadership of Mr. Drever, was also present and contributed to the pleasure of the occasion. The performances were all well carried out and reflected much credit upon those who took part.

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BATTLE CREEK CHAUTAUQUA

PLANS for the Battle Creek Chautauqua are now perfected and the announcements are about ready to be sent out. Next week we shall be able to present to our readers the entire program. We give herewith the picture of Profes-



Prof. S. C. Schmucker

sor S. C. Schmucker, the celebrated nature teacher, whose work will extend throughout the assembly, and who will be a guest at the Sanitarium during that time.

PHYSICIANS AT THE SANITARIUM

A LARGE portion of the patrons of the institution are sent to us by their physicians and among the guests and patients are always found a large and increasing number of practicing medical men and women. At present the number of physicians stopping temporarily at the Sanitarium is quite large. Among the more recent arrivals we note the following names: Dr. C. A. Foulks, Kansas City, Mo.; Dr. L. U. Walbridge, Decatur, Ill.; Dr. C. H. Murphy, Perry, Mich.; Dr. C. M. Henderson, Sardinia, Mich.; Dr. Bullis, Rochester, N. Y.; Dr. Chas. H. Wellman, Cape Town, South Africa; Dr. John Hough, Jackson, Miss.; Dr. J. F. Blair, Bozeman, Mont.; Dr. Carmen Stahl, Kirksville, Mo.; Dr. Francis C. Blanchard, Wheaton, Ill.

News Notes

Dr. W. M. McCraney, of Woodbury, Tenn., is among the recent arrivals.

Judge R. M. Wanamaker, of Akron, O., is recruiting and resting at the Sanitarium.

Miss Lou Cramer, of the Record Office, has gone to her home in Coldwater for a week's vacation.

Rev. U. S. Greves and wife, Presbyterian pastor, from Pittsburg, Pa., are guests at the Sanitarium.

Rev. F. H. Huntsberger and wife, from Mt. Vernon, Ohio, are stopping at the Sanitarium. Mr. Huntsberger is a Methodist minister in that city and was led to the Sanitarium by reading a copy of the BATTLE CREEK IDEA, and expresses himself as being agreeably impressed with what he has already seen and learned.

The Michigan State Medical Board of examination has been in session three days the present week, at the American Medical Missionary College. Those taking examinations are: the senior class, Miss Louie Vandervoort, M. D., and Miss Elizabeth Turkelson of the sophomore class. It is yet too early to state what the results of the examinations are.

On the evening of May 24, Dr. and Mrs. E. L. Eggleston gave an informal reception in honor of Dr. and Mrs. Chas. H. Wellman, of Cape Town, who are guests at the Sanitarium. There were also present by special invitation, Mr. and Mrs. Guthrie. Mr. Guthrie's home is also in South Africa and his marriage to Miss Lou Taylor, of this city, was recently celebrated.

Dr. Chas. H. Wellman, of Cape Town, accompanied by his wife and three children, and Miss Page, a nurse from the Cape Town Sanitarium, is a guest of the Battle Creek Sanitarium. Dr. Wellman is interested in the methods and principles for which the Sanitarium stands, bringing us friendly and encouraging word from Dr. George Thomason, the superintendent of the Cape Town Sanitarium, who was formerly connected with our medical staff.

Miss Lucia B. Harriman, who has hitherto had editorial charge of the BATTLE CREEK IDEA, and has abundantly sustained her reputation as a literary worker, has resigned her position and accepted a position offered by a Chicago publishing house. During her stay with us, Miss Harriman formed a large circle of admiring friends, all of whom, with the readers of the paper, will regret her withdrawal. We shall hope to hear from her occasionally and all unite in wishing her good speed in her future work.

The Graduating Exercises of the American Medical Missionary College will take place on June 15. Dr. C. S. Zwemer, for many years a missionary in Persia, and author of a stand-

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and work on the history of Persian missions, has been invited to give the graduating address. The baccalaureate sermon will be on the preceding Sabbath by Dr. Lancaster, president of Olivet College. There are five members of the graduating class: the Misses Florence Holt, Anna B. Durrie, Clara V. Rada-baugh, Mary F. Carmichael, and Mr. George S. Ephraim.

The Sixtieth Annual meeting of the American Medical Missionary Association convenes at Atlantic City, June 8, and continues to the 11th inclusive. The Sanitarium will have an extensive exhibition at the meeting of the Association in which each department of the institution will be represented by photographs and apparatus. There will also be an exhibition of physiological charts and laboratory analyses, illustrations of menus, and a very large photograph of the Sanitarium main building. The exhibitions will be in charge of Dr. Benton N. Colver and Dr. Louie Vandervoort, who purposes taking a period of Post Graduate study in Philadelphia; Miss Zahn, medical matron of the Sanitarium, and Miss Cooper, superintendent of the Domestic Science School, will also be in attendance. The Sanitarium will be represented at the meeting by Dr. Colver and others of the medical staff.

THERE'S many a trouble
Would break like a bubble,
And into the waters of Lethe depart,
Did we not rehearse it,
And tenderly nurse it,
And give it a permanent place in the heart.

There's many a sorrow
Would vanish tomorrow
Were we but willing to furnish the wings;
But, sadly intruding,
And quietly brooding,
It hatches all sorts of horrible things.
—Phillips Brooks.

ARRIVALS

THE list of arrivals at the Battle Creek Sanitarium for the week ending May 24 is as follows: N. M. Greenberger, O.; P. H. Mores-ton and wife, O.; Gella Bresler, Ill.; Mrs. H. W. Hawley, Mich.; O. A. Squire, Ill.; Harry Greenberger, O.; H. J. Foulks, Ind.; Dr. C. A. Foulks, Mo.; Mrs. Helen Landover, Ill.; L. H. Wagoner, Ill.; Thos. Omge, Mich.; Wm. B. Butts, N. Y.; Mrs. H. V. L. Peeke, Mich.; Mrs. Samuel McColl, Ky.; P. C. Nathan, Texas; Chas. Nathan, Ark.; Ninie Kramer, Mich.; C. H. Rosenbaum and son, Ia.; Dr. L. U. Wal-bridge, Ill.; W. S. Phillips, Ill.; Mrs. George P. O'Connell, Wis.; Frank D. Davis and wife, N. Dak.; Fred A. Hodge, Miss.; Mr. and Mrs. T. Demming, Ia.; J. H. West, Ind.; C. C. Pos-ter, O.; Preston Poster, O.; Mrs. Bertha Vin-cent, Mich.; J. Bacon, Ky.; Mrs. Chas. Ander-son, Ill.; Isadore Cyr, Mich.; Mat Fillion, Mich.; Miss Anna Phillips, Ill.; F. H. Farrington, Va.; J. T. Malthy, Pa.; Dr. and Mrs. Bullis and son, N. Y.; Mrs. Chas. Douglass, N. Y.; Mrs. E. E. Robinson, N. Y.; Ella E. A. Daisher, N. Y.; Miss E. M. Jordan, N. Y.; R. M. Wanamaker, O.; Joel V. Murphy,

Mich.; C. H. Murphy, M. D., Mich.; A. C. Swayzie, Mo.; L. K. Bishop, Mich.; P. D. Johnson, Ill.; Mrs. T. P. Chaplin, La.; W. P. Beragrale, La.; Robert Green, Ia.; C. B. Ste-phenson, Ind.; Spencer Logan and wife, Mich.; H. B. Sturdevant, Mich.; I. E. Furst and wife, O.; C. D. Kimball, Ill.; Dr. C. M. Henderson, Mich.; Frank H. Smith, N. J.; Mrs. Chas. H. Wellmann, nurse and three children, South Africa; U. S. Greeves and wife, Pa.; E. A. Johnson, Mich.; J. H. Rutman, Ill.; Miss Eva Tuck, Ind.; Miss Bessie Tuck, Ind.; Mrs. Alice Bryant, Mich.; Wm. C. Morey, N. Y.; D. F. Williams, Ill.; Mrs. L. M. Taylor, city; A. D. Carothers and wife, Ia.; Miss Eva G. Car-others, Ia.; Mr. and Mrs. James Clarke, N. Y.; Dr. J. W. Hough, Miss.; Mrs. Anna E. Wilson, Ill.; Mrs. Porter Fraker, Ill.; Dr. C. H. Well-man, South Africa; George Tfoozendengas, Mich.; W. A. Magee, Ia.; C. D. Wightman, O.; Miss Bessie A. Grabo, N. Y.; Miss Katie L. Kelly, N. Y.; George A. Grabo, N. Y.; Mrs. Josephine Chowsky, Mich.; Geo. T. Ryder, Mich.; Z. O. Welfer, Ind.; E. G. Lancaster and wife, Miss.; A. G. Taylor, Ia.; Gordon S. Arme and wife, La.; Harry S. Chapman, O.;

Fletcher D. White, Ind.; Lulu Crackel, Ind.; Channing Sweet, Col.; Mrs. Channing Sweet, Colo.; Mrs. George L. Fisk, Mich.; N. M. Bar-ney, Fla.; Urith L. Smith, Mich.; C. H. Rioch, Ill.; J. R. Waller, Ia.; Mrs. George W. Con-over, Cal.; C. H. Beauford, Ia.; Mrs. J. J. McRoberts, Ill.; Mrs. O. T. Welch, Mo.; Mrs. F. B. Northrop, Mo.; B. A. Augur, Cal.; Geo. Ryan, Canada; John H. Masten, Mich.; Mrs. Dr. Stewart, city; Jasper T. Moses, Mexico; Jas. E. Smith, Va.; James M. Gile, Ala.; Miss H. M. Anethy, Ala.; Mr. and Mrs. E. B. Gran-din, D. C.; A. H. McMillan, Mich.; C. E. Case, Mich.; Mrs. C. W. Grafton, Mich.; Edd Cowles, Ky.; C. A. Bliss, O.; Alex. Drannmond, city; A. J. Mitchell, O.; E. T. Dusenbury, N. Y.; Mrs. W. C. Mack and daughter, Mich.; Mrs. Reed, Mich.; Mr. Harry W. Hawley, Mich.; Walter C. Mack, Mich.; Mr. and Mrs. H. W. Stickney, N. Y.; Mrs. F. A. Wright, Mich.; C. H. Wright, Mich.; B. A. Wright, Mich.; Mr. and Mrs. C. L. Knoke, Ill.; Dr. W. M. Craney, Tenn.; C. A. Bethke, Ill.; A. B. Scar-borough, Texas; W. H. Taylor, Ill.; Mrs. John Kelley, Mo. There were twenty-six arrivals on the 25 instant.



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THE · BATTLE · CREEK · IDEA



Vol. II No. 26

BATTLE CREEK MICH. JUNE 4, 1909

Price 2 Cents

THAT ALL-GONE FEELING

Dr. W. H. Riley Explains to the Sanitarium Patients the Cause of This Complaint

KNOWN AS SPRING FEVER

DURING the spring and summer months of the year there are many people who suffer to a greater or less degree from a feeling of relaxation and exhaustion. This condition is

(Continued on page 7)

BACCALAUREATE SERMON

Delivered by Dr. John F. Morse Before the Graduating Nurses on May 29th.

IMPORTANCE OF CHOOSING WELL

GRADUATION exercises of the Battle Creek Sanitarium and Hospital Training-school for Nurses are in progress the present week. The baccalaureate sermon was delivered by Dr.

(Continued on page 7)

FUNDAMENTAL PRINCIPLES

Dr. Kellogg Tells How the Body Contains Energy Which Is Its Healer As Well As Creator

THE PHYSIOLOGIC METHOD

IN these days, when prophets of healing are rising in every direction, when mind healers and magnetic healers and layers on of hands, along with patent medicine vendors and other pur-



Main Dining-Room of the Battle Creek Sanitarium

veyors, are fattening upon the gullibility of the public in matters which pertain to health-getting, it is essential that the invalid should obtain, if possible, a clearly defined idea of the nature of the healing process, and how the work of curing the sick man is carried on.

The fundamental principle of the Battle Creek Idea is that expressed by Dietl, the pupil of the famous German pathologist, Rokitsanski: "Nature alone can cure; this is the highest law of practical medicine, and the one to which we must adhere. . . . Nature creates and maintains; she must therefore be able to cure."

The healing power is in the blood. It is the blood that heals, or rather, it is the creative power which formed the body and which repairs the waste created by the wear and tear of life. It is this same power which restores disordered functions and repairs damaged tissue. Physicians do not and cannot heal. Medicines,

into the body; they merely show us the course of the vital processes under altered conditions."

In disease the body requires special assistance, but not different in kind from that which it receives in health. The means by which health is maintained are the most effective measures for recovering health when lost.

Nature has no "side tracks," no "short cuts," no magical methods, no panaceas. Water, air, sunshine, heat, natural diet and natural living—these are the agents essential to the maintenance of vigorous, efficient life, and these are the agents which accomplish the most in the cure of disease. The use of these natural or physiological agents as remedies constitutes the physiologic method in the treatment of disease, or physiotherapy. With the aid of science, these physiologic measures have been rescued from empiricism, studied and elaborated upon, and gradually organized into a com-

plete patient, a regeneration of tissue, a complete body transformation, such as can be secured in no other way than by the application of the physiologic method.

Reconstruction is the object at which the Battle Creek Sanitarium physician aims. The man who is chronically sick has something more than an assortment of bad symptoms. His functions are disordered, but back of this there is an abnormal, diseased condition of the tissues. There can be no chronic disease without deteriorative changes in the blood. From diseased blood come diseased tissues and disordered actions, so the body itself must be changed. Blood, nerves, muscles, glands—all must be renewed, rebuilt. The old, diseased tissues must be replaced by sound, healthy tissues.

By means of baths, massage, exercise, and various physiologic measures, the old tissues are broken down and the diseased residue carried away. By proper diet, carefully selected and adapted to each individual case, especially food which is of the most highly nourishing character and most easily digestible, and by the employment of all rational recuperative means, the building up of the new tissue is encouraged. The result is that the patient not only feels himself a new man, but actually is a new man. He has been given a new lease of life. He has been born again.

RAISING A CROP OF HEALTH

An invalid is converted into a healthy man by essentially the same process as that by which a crop of corn is grown. The ground is prepared, the seed is sown, the crop is cultivated, and in due time the harvest comes. It generally requires three or four months to raise a substantial crop of health. Not infrequently wonderful results may be obtained in a much shorter time; sometimes a longer period is required; but, whether longer or shorter, the process is one of seed-sowing and growth, not of luck or magic.

Health is a thing of growth, of culture. It is not found on druggists' shelves. Health is too vital, too energetic and expansive, too strenuous, for any bottle to hold it. Health is not held as a monopoly by any locality. It cannot be cornered. Health cannot be bought, neither can it be obtained by any occult process.

Health is simply vital strength and harmony. Like mental and muscular strength, it comes partly by heredity, but largely as the result of training, cultivation, growth.

The chronic invalid must grow out of disease into health. "Whatsoever a man soweth, that shall he also reap." In other words, disease is chiefly the result of wrong habits of life. We sow the seeds of disease and reap crops of sickness, just as the farmer sows grain and reaps a harvest of wheat or corn. Wrong habits of life are the seeds which develop into disease. Right habits of life are the seeds of health.

The Battle Creek Sanitarium patient is early impressed with the fact that his treatment necessarily requires, first of all, the exact regulation of all his habits, and the establishment of natural conditions of life. The simple life and return to nature are ideals constantly held up before him. He must work out his own salvation; he must "cease to do evil, and learn to do well;" he must cease to sow seeds of disease, and by every means in his power cultivate health.

A SYSTEM OF HEALTH TRAINING

The Battle Creek Sanitarium system is in reality simply a finely elaborated system of health training. This, of course, means much more than what is ordinarily known as health (Continued on page 11)



Service for Wheel-Chair Patients

baths, and other so-called remedial measures are powerless to heal. All that physicians and remedies can do is to aid in removing causes of disease and supplying favorable conditions. Physiological remedies, as water, electricity, massage, exercise, and sunlight, regulation of diet and clothing, possess a wonderful controlling influence over the healing power of the body by regulating the movements of the blood, the greatest of all remedial agencies; and by stimulating the vital activities and controlling the vital forces by which the healing process is carried on.

The body is its own physician, or rather, the divine living energy which dwells in every human being is the healer as well as the creator of the body; the office of the physician or nurse is simply to cooperate with this healing power by the use of those agencies which scientific experiment and practical experience have shown to be most potent and permanently efficacious.

THE PHYSIOLOGIC METHOD

The true remedies for disease, or rather the true aids to recovery, are those measures which are essential to the maintenance of health, for the body in disease is essentially the same as the body in health. Said the great Virchow, one of the most eminent of modern physicians: "Diseases are not entities that have entered

plete rational system of therapeutics, as shown in practical operation at the Battle Creek Sanitarium.

PATIENTS, NOT DISEASES, MUST BE CURED

The aim of the physiologic method is to cure patients, not diseases. Most chronic invalids have had their diseases cured many times by means of nostrums and medicines of various sorts; "dyspepsia cures," "kidney cures," and "liver cures" of every variety have been tried, but without avail. Nerves have been toned up by tonics and toned down by anodynes until they no longer respond to medication. It is easy to cure pain by administering a narcotic or anesthetic. Insomnia may be cured by a sleep-producing drug. The pain caused by a narcotic returns as soon as the effect of the drug is gone, and sleeplessness cured by a hypnotic is followed by depression and increased insomnia. A few drugs are really curative and beneficial. Most are only palliative.

Most chronic ailments being due to wrong habits or unwholesome conditions of life, no cure can be permanent which does not correct these habits and conditions. Palliative drugs afford temporary relief, but they cannot cure.

A permanent cure requires a change in the

Diet System and Culinary Department of the Battle Creek Sanitarium

SINCE errors in diet are responsible for the greater share of the ills that attend our physical lives, it is but rational that diet reform should be regarded as one of the primary steps in the restoration and maintenance of health. The subject of diet is one presenting a good many phases, and every one of them needs to receive careful consideration in order to exclude those errors that the people at large are apt to fall into in establishing their methods of living.

consents to this policy, it is remarkable how quickly the taste accepts the situation and accommodates itself to the dictates of the will.

One of the principal considerations of the Battle Creek Sanitarium system has been that of the diet of those who have come under its care. The system of diet as it stands today is a development rather than an arbitrary creation. It has grown with the growth of the institution, and has been tested, modified here and there, scientifically criticized at home and abroad, by friends and enemies. It has passed through the experience of scorn and ridicule, it has been made the butt of jokes, and the basis of attacks, but in spite of all the building up of a splendid dietary system established upon the highest ground of scientific demon-

earth, and every tree in which is the fruit of a tree bearing seed; to you it shall be for food." "And thou shalt eat of the herb of the field." It was in these words that our beneficent Father informed us of his wish and design in reference to the food of his earthly children. It was to consist of grains, fruits, nuts and vegetables. These exist in almost endless variety so that one need not tire of sameness or lack for quantity.

The second step in the obtaining of a suitable dietary is the adaptation and preparation of foods. Here again the exercise of wisdom is called for. The best of food, like all other blessings, may be abused. The various elements of nutrition need to be supplied in the proper proportions, and the food needs to be



A View in the Main Kitchen

The first and most serious error into which people fall is that of making a perverted and misinformed taste the sole criterion in composing the bill of fare and in its preparation. The first consideration should be to secure the best nutrition of the body, the sustenance of the life in the best vigor and efficiency. "The life is more than the food," is a truth uttered long ago by Him who is our life. The selection of food should not be a mere matter of gust, but should be controlled by the higher considerations of real value in producing in our systems the best results. And when once the mind

stratation has kept right on, and has finally triumphed until it stands vindicated and approved by the world's best authorities.

The question of a proper diet embraces first the selection and procuring of right food material. This, of course, is fundamental. But fortunately it is not an intricate matter. Settle a few principles, and the matter loses its complexity. The task is rendered easy by the bountiful and varied provision made by our Creator in giving us a very wide field from which to choose. "Behold, I have given you every herb bearing seed, which is upon the face of all the

prepared by cookery and arrangement to be acceptable to eye and palate as well as to be assimilable by the system.

Thirdly, we need to eat properly. After the food is chewed and swallowed, there is no more that we can do. But before we consign our food to the stomach it is highly important that we should do our part well and thus not impose upon the stomach and digestive apparatus work which it cannot do.

The Sanitarium dietary takes cognizance of all these things. In the selection of foods the

(Continued on page 5)

THE BATTLE CREEK IDEA

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Six Months	-	-	-	.50
Three Months	-	-	-	.25
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VOL. II JUNE 4, 1909. No. 26

TWO GREAT MAXIMS

HE who "spake as never man spake" left for the world many precious sayings and precepts which have cast a benign influence upon the world wherever they have been proclaimed. Two of these sayings are in mind which, were they heeded even at this late day, would revolutionize society and alter the drift and tide of human affairs. The first of these declares that "A man's life consisteth not in the abundance of the things he possesseth." Comparatively few people there are who have perceived the truthfulness of that saying. In the ordinary mind success in life is inseparably connected with the selfish acquisition of wealth. An occupation or enterprise that does not have a large money inducement is not popular, and it is impossible for the average man to conceive of an enterprise or a vigorous life that would be prosecuted with any other motive than the accumulation of wealth.

We often see hung upon the wall the sordid and contemptible sentiment, "Time is Money," as though there were no higher objective in this poor fleeting life than the laying up of money for others to spend. Impelled by this impression we see men and women rushing hither and thither in a mad scramble after that one thing needful to fulfil their ideas of earthly success. Men wear themselves out in the pursuit of elusive wealth. They struggle with their competitors in bitterness of soul, lose their nerves, wreck their bodies and forfeit their souls for paltry dollars, vainly impressed with a passionate thirst for money as though life *did* consist of the abundance of the things one possesses. Failing to find the satisfaction their souls demand, they dig and delve still more eagerly until at last, tired and worn out, they are ready to die, perhaps worth many thousands; but still the real object of life is not attained, nor has it been approached; and to them life appears a failure with no chance for redemption.

The second maxim which the world passes by almost unobserved is of even greater import to human welfare: "The life is more than the food; and the body is more than raiment." The world at large is apparently a stranger to this grand truth which means so much for the happiness and welfare of our race. Eating is not designed to be a mere sensuous function. It is a sacred act. Normally it is attended with exquisite pleasure and gladness. But pleasure should arise from gratitude. With far too

many people eating is only a matter of taste, and taste being a creature of desire, and there being no higher desire than mere gratification, the habit of eating takes a downward tendency that quickly leads to gluttony and low sensuality. The bill of fare is consulted with a single view—to obtain that which will tickle the palate and pander to the lower sensations. The food becomes more than the life, and life and health are sacrificed upon the altar of appetite indulgence.

It is time to call a halt and get before our minds the real value of life and health, the proper object of the important function of eating, and set to the work of bringing our tastes into harmony with right principles; be the master of our own bodies and not suffer our unnatural tendencies to run amuck in our vital offices. How many wrecks strew the pathway of human life as witnesses to the folly and weakness of human nature! There is something far better and nobler to live for than the gulping down of vicious foods or substitutes for food. The good Book adminishes us, "Eat ye that which is good; and let your soul delight itself in fatness."

Almost with equal force may we challenge prevalent customs in relation to the use of clothing. Not the raiment, but the body is the principal consideration. It is hard to convince ordinary mortals that this is so, or if it be true, that there is any important signification attached thereto. To them the body is merely an animated walking form on which to display fine clothes and millinery. But little thought is given to the real object of clothing. Looks, fashion, fancy, are everything. No; the body is everything, and we are to be thankful that the care of the body does not call for any violation of real good taste in the matter of dressing.

SYMPTOMS ARE NOT OUR ENEMIES

THE appearance of pain and disagreeable symptoms here and there in our bodies is usually regarded as a very unfortunate circumstance. So it is; to be sure. Aches and pains, weakness and fevers, are not in themselves desirable or pleasant, but like our best friends, they appear to warn us of impending danger and serious trouble just ahead. When a railway train is rushing along at high speed to make up lost time and everything is swinging delightfully, it is very disagreeable to have someone wave a danger signal across the line and call the train to a halt. But the engineer does not knock the intruder down and then rush along again. He inquires into the matter and goes to work to get the impediment that caused the danger signal removed. That man with a red flag saved the lives of the passengers, disagreeable as he was. The passengers are disappointed, and pained to be stopped in their career when everything seemed so pleasant, but they say, That man was our best friend; he warned us of impending danger.

So it is with our aches and our disagreeable sensations that come to us often just when we

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Some very desirable lots on OAK LAWN. For further information see

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The Battle Creek Sanitarium & Hospital Training School for Nurses

Offers exceptional advantages to young men and young women who desire to fit themselves for the work of a trained nurse.

Besides the regular hospital training, thorough training is given in Hydrotherapy, Massage, Manual Swedish Movements and all physiologic methods peculiar to the Sanitarium, and is each a training in itself and found almost exclusively in our work.

Classes are organized April 1 and October 1. Applications are received whenever vacancies occur.

For further information or particulars regarding the school, address the

Battle Creek Sanitarium & Hospital Training School

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do not want to see them. There comes that "miserable headache." Or, "Now, just when I want to go to that banquet my old stomach must play up." You run off to the doctor and say, "Give me something to stop that headache," or, "Please knock that old stomach of mine silly, because I am going to that banquet, and it must behave itself." Now, friend, do not murder your best friend because he hung out the red flag just when you were sailing along so grandly. That headache would faint tell you of your sins, and your folly. It is perhaps a warning that comes up from a patient long-suffering system loaded to the gunwales with poisons. Call a halt, not only for your stomach's sake but for the sake of your life. Stop; inquire. Ask your physician what causes that headache. Dig to the roots of the matter, and remove the inciting cause. Be wise, and take time and summon moral courage to inaugurate a reform. Municipalities are not the only things that need reforming. Let us look nearer home.

DIET SYSTEM AND CULINARY

(Continued from page 3)

cereals have the most important part, because they, more than any other class of edibles, represent perfect foods. Associated with the various grains are the whole list of fruits, home and foreign grown in large quantities and wide varieties. Then there are vegetables in abundance prepared in many ways; and nuts in natural state as well as in prepared state. The use of milk, eggs, cream, and butter is permitted. Sugar and salt are used in reasonable and limited quantities, not lavishly. Various preparations of the extract of malt are used in special cases where extra nutrition is required.

The above list of food supplies, with a perusal of the menus published in this connection, will well answer the question as to whether the Sanitarium "starves its guests."

The Battle Creek Sanitarium

BREAKFAST — Sabbath, May 29, 1909

	Protein	Fats	Carbs.	Cal.	Portion
Oranges	4	2	65	8	1
Sliced Pineapple	2	3	65	4	1
Boiled Corn	11	2	62	41	1
Toasted Corn Flakes	7	1	67	1	1
Cream—1 tablespoonful	6	100	12	26	11
Boiled Potatoes	67	33	28	2	1
Scrambled Eggs	26	65	2	2	1
Baked Potatoes	11	1	60	3	1
Cream Sauce	7	30	18	21	1
Mashed Potatoes	9	30	62	3	1
Cream Toast	18	10	64	5	26
Blueberry Toast	19	48	118	5	11
Whole Wheat Bread—1 slice	12	2	61	1	1
White Bread—1 slice	9	4	62	1	1
Whole Graham Bread—1 slice	10	4	61	1	1
Breakfast Toast—two pieces	4	12	34	1	1
Toasted Rye Biscuits—two	7	1	42	1	1
Toasted Rice Biscuits	4	0	42	1	1
Butter	1	50	0	1	1
Strawberry Sauce	3	3	69	31	1
Served Raisins	6	18	176	3	2
Malt Honey	0	0	200	21	2
Glees Gruel	17	2	61	6	1
Wheat Flakes Gruel	5	1	64	6	1
Apple Juice	0	0	100	6	1
Cornmeal Cereal—1 teaspoonful	1	1	6	4	1
Sugar—1 sugar-spoonful	0	0	25	1	1
Cream—1 tablespoonful	6	100	12	26	11
Cream and Milk	22	142	36	6	2
Salted Cocoa	13	80	23	5	11
Certified Milk	23	67	30	6	11
Sk. Malted Malt	54	104	102	2	3
Yogurt Buttermilk	26	5	42	0	1

(Only Certified Milk is Used)

To ascertain the number of calories eaten of each element, add the figures in first, second and third columns opposite the various articles eaten and put down the sums at the foot of the respective columns. Mark each article eaten, sign bill of fare, and hand to your physician. A "portion" is that quantity of any food which contains 100 calories or food value. Dinner.

No food to be taken from the Dining-room.

NAME _____ ROOM _____

The Battle Creek Sanitarium

DINNER — Sunday, May 30, 1909

	Protein	Fats	Carbs.	Cal.	Portion
Cream of Lima Bean Soup	32	65	100	61	2
Tomato Soup	17	36	47	61	1
Hot Fillets	41	60	34	23	11
Nutritional Fricassee	25	50	19	26	1
Apple Fritters	13	60	61	11	11
Baked Potatoes	11	1	60	3	1
Cream Sauce	7	30	18	21	1
Mashed Potatoes	9	30	62	3	1
Young Onions in Cream	6	20	19	3	1
Wax Beans	4	12	9	4	1
Beets in Apple Salad	14	65	16	61	1
Lettuce—Lemon	2	1	7	11	1
Whole Wheat Bread—1 slice	12	2	61	1	1
White Bread—1 slice	9	4	62	1	1
Whole Graham Bread—1 slice	10	4	61	1	1
Breakfast Toast—two pieces	4	12	34	1	1
Toasted Rye Biscuits—two	7	1	42	1	1
Toasted Rice Biscuits	4	0	42	1	1
Fruit Buns	10	25	60	11	11
Butter	1	50	0	1	1
Apricot Sauce	4	0	71	31	1
White Cherry Sauce	4	0	60	3	1
Malt Honey	0	0	200	21	2
Apple Juice	0	0	100	6	1
Cornmeal Cereal—1 teaspoonful	1	1	6	4	1
Sugar—1 sugar-spoonful	0	0	25	1	1
Cream—1 tablespoonful	6	100	12	26	11
Cream and Milk	22	142	36	6	2
Salted Cocoa	13	80	23	5	11
Certified Milk	23	67	30	6	11
Sk. Malted Malt	54	104	102	2	3
Yogurt Buttermilk	26	5	42	0	1
Layer Cake	20	115	100	21	31
Fresh Strawberries	5	7	30	4	1

(Only Certified Milk is Used)

To ascertain the number of calories eaten of each element, add the figures in first, second and third columns opposite the various articles eaten and put down the sums at the foot of the respective columns. Mark each article eaten, sign bill of fare, and hand to your physician. A "portion" is that quantity of any food which contains 100 calories or food value. Dinner.

No food to be taken from the Dining-room.

NAME _____ ROOM _____

The purveying for this large family numbering from one thousand to fifteen hundred people is done under the care of the superintendent by men who carefully guard against the introduction of any article of inferior quality.

As indicative of the quantities of food required for the Sanitarium family we give the following few items from a long list:

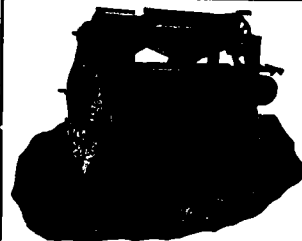
The Sanitarium uses in one year nearly 100,000 loaves of bread; last summer it placed 3,500 crates of berries on its tables; it consumed 1,300 boxes of oranges; 40,000 dozens of eggs; 5,000 bushels of potatoes; 2,000 barrels of ap-

ples; and canned 50,000 quarts of fruit; during the summer season 150 quarts of milk and 140 quarts of cream daily.

The next step in feeding the multitude is the culinary department. The preparation of the food of so many invalids and workers is indeed a most exacting undertaking. The first desideratum is the health and nutrition of those who eat the food. Here are constantly coming to these tables hundreds of people whose health has been ruined by pernicious habits of cooking and feeding. Their stomachs are mere wrecks, their digestive apparatus is often out of commission, and careless cooking is largely to blame. This must be remedied. In every case the bills of fare must be carefully adjusted chemically and in nutritive values. The proteins must not be too excessive, fats must not be left out, heat producers must be in sufficient and not too great proportions. Then, the cooking must serve to render the foods digestible and assimilable by the most delicate organs. So that the best and most careful and intelligent chef must be assisted by the scientific dietitian and medical advice. The cooks must be conscientious workers who will enter fully upon their responsibilities and faithfully meet them. Careful experimentation must be constantly carried on to keep abreast with advancing knowledge, and all that is excellent must be sought out and applied. The work bestowed upon the selection and preparation of food for the Battle Creek Sanitarium is far greater than can be understood by the average outsider.

Eggs are carefully purchased and each egg is stamped with the name of the man who brought it to market. The milk and cream and butter are carefully sterilized and examined in the bacteriological laboratory. And so throughout the entire system the utmost thoroughness prevails.

The serving of the food upon the tables is also a matter that requires careful consideration. The tastes of people who are more or less ill must be attentively regarded. They are apt to be sensitive and their appetites are capricious. The attendants must therefore be kind and considerate. The food can not be thrown Great care is taken in the selection and instruction of those who serve the tables so that a cheerful kind spirit of quiet comfort may pervade the place while the meals are being eaten.



PRIM'S SPECIAL ROASTER

For Roasting Nuts and All Cereals

We are also manufacturers of Cookers, Mixers, Stoners, Dryers, Coolers, Elevators, Carton Machines, Bins and Hoppers. Also Rotary Millers and Separators. Send for Catalogue.

Prim's Machinery Co.

BATTLE CREEK,

MICHIGAN

CHIROPODY IT PAYS TO HAVE AN EXPERT CHIROPODIST ATTEND TO YOUR FEET

Great injury is often done by inexperienced persons working as chiropodists and too much care cannot be taken to employ an expert. Our chiropodist is well qualified to attend to corns, bunions and all diseases of the feet.

We Guarantee to Cure Bunions or Refund Your Money

SCIENTIFIC FACE MASSAGE, INSTANTANEOUS SKIN BLEACHING, ELECTRICAL SCALP TREATMENT, HAIR DRESSING, SHAMPOOING. PIMPLES CURED AND MANICURING.

Mrs. Geo. A. Hulscher, QUAKER BEAUTY PARLORS

ROOM 204, WARD BUILDING,

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BATTLE CREEK, MICH.

Plenty of time is given to each meal so that the mastication of the food may be thoroughly done. The approximate amount and the class of foods best adapted to the patient are generally indicated by the physicians, and in many cases the diet is carefully prescribed day by day.

JUNE ROSES

JUNE the month of the beautiful rose,
Pink, white and red with beauty unfold;
Where sparkles the dewdrop, a moment to dwell.

Beautiful flowers God's love to us shows
Visions of heaven in each dainty rose;
Telling us now of a future life near,
As they fade, but to rise again each coming year.

VIOLET HAWKSWORTH.

COTTAGES FOR RENT

A furnished cottage on Waupakieso Beach, Lake Goguc. The finest location on the lake, a retired and restful spot in the midst of native trees, being well shaded. Will rent for \$150 for the season.

Also a nearly furnished cottage on Park Beidler, Lake Goguc, for \$60 for the season.

Call on Chas. E. Barnes at the Moon office or call old phone 1870-J.

Banquet Tendered

To Delegates of the Thirty-fifth Annual
Convention of the Michigan
W. C. T. U.

THE delegates to the Michigan State Convention of the W. C. T. U., now in session in this city, were entertained at a banquet in the Sanitarium on Tuesday evening, June 1. Plates were laid for 500 guest, and the tables were spread in the gymnasium. Five long tables, extending the length of the great room, were beautifully decorated with flowers and furnished room for the guests. The menu was as follows:

Tomato Bisque—Cream Sticks
Radishes Pine Nuts
Roast Protose
Browned Potatoes Green Peas
Bans
Tomato Salad with Rice Biscuit
Apple Juice
Fresh Strawberries Cream Cake
Yogurt Cheese Wafers
Cereal Coffee

Mrs. E. L. Calkins, State president acted as toastmistress and the following toasts were given and responded to:

The first toast proposed was "Our Boys and Girls," which was responded to by Mrs. C. W. Pelham. "Our Country Presidents" received well-merited attention and compliments at the hands of Mrs. M. J. Ennis. "Our District Presidents" fared equally well with Mrs. Jennie Harrington as speaker. "Drug Store Health" was responded to by Mrs. Grace Calkins Morse, daughter of the president. The toast "General Officers" was last suggested and they were appropriately set before the meeting by Mrs. Jennie Voorhies. The exercises of the evening were brought to a close by a few remarks from Dr. J. H. Kellogg.

The courtesy of the Sanitarium was much appreciated by the guests and the tasteful and healthful bill of fare beautifully served awakened their admiration and called forth many expressions of gratitude and appreciation. On the other hand, the institution-managers and workers felt highly honored by the presence of such a large company of devoted champions for "God, and Home, and Native Land."

"COULDEST thou in vision see
Thyself the man God meant,
Thou nevermore would be
The man thou art, content."

BATTLE CREEK DIET SYSTEM FOODS

IMPORTANT NOTICE!

WE PREPAY EXPRESS on consumers' orders amounting to five dollars or more at list price to all express offices east of the Missouri River and north of Tennessee, and to Omaha, South Omaha, and Nebraska City, Neb.; Atchison, Leavenworth, and Kansas City, Kan.

WE PREPAY FREIGHT on consumers' orders amounting to ten dollars or more at list price to all freight stations east of the westerly boundary of the Dakotas, Nebraska, Kansas, and Texas. If you live beyond these limits or outside of the United States, write us before ordering.

HOW TO ORDER. All we need to enable us to do our part is your name and address plainly written, and the list of foods you want, with remittance. Remit by bank draft, postal money-order, or express money-order, not by personal check. We prefer not to receive stamps, but will accept them up to \$1 worth. We do not open accounts with consumers.

BAKERY PRODUCTS		MEAT SUBSTITUTES		CEREALS		DIABETIC FOODS	
Crackers—Graham, sweetened, pkg.	.15	Nuttolene, 1-lb. can.	.25	Granose Flakes, pkg.	.15	Diabetic Gluten Biscuit, 40% size	.40
Thin biscuits made from best flour.		Made exclusively of choice edible nuts, a vegetable butter, for table use.		Wheat flakes—unsweetened.		A substitute for bread.	
Crackers—Graham, plain pkg.	.12	Nuttolene, ¼-lb. can.	.15	Granose Biscuit, pkg.	.10	Diabetic Gluten Biscuit, ½-size	.20
Light, thin and crisp, they contain no sweetening.		Protose Vegetable Meat, 1-lb. can.	.25	Wheat flakes pressed into biscuit form.		Gluten Meal (pure), pkg.	.50
Crackers—Fruit, pkg.	.20	Made of nuts and grains, looks like meat, tastes like meat, can be cooked in any way that meat may be prepared.		Toasted Wheat Flakes, pkg.	.15	For gruels, mushes and purées.	
Crisp biscuits filled with choice raisins.		Protose Vegetable Meat, ½-lb. can.	.15	Thin flakes of wheat, thoroughly dextrinized, sweetened.		Gluten Meal, 40%	.40
Wafers—Oatmeal	.15	Flavored with sage.		Toasted Corn Flakes	.10	For gruels, mushes and purées.	
Containing the best oatmeal and free from lard, ammonia, and other harmful ingredients.		Protose Vegetable Meat, Savory, 1-lb. can.	.25	The best flaked food made from corn, delicately flavored.		40% Gluten Flour, 5-lb. sack	1.25
Wafers—Whole Wheat	.15	Flavored for sandwiches and to be eaten from package.		Granola	.10	May be used like ordinary flour.	
Thin, square biscuits made from the best flour shortened with dairy butter.		Protose Vegetable Meat (Potted), 1 lb.	.80	A blend of grains cooked and granulated, unsweetened.		40% Gluten Flour, 10-lb. sack	2.25
Whole-Wheat Cream Sticks	.15	Flavored for sandwiches and to be eaten from package.		Hulled Wheat, pkg.	.15	40% Gluten Flour, 20-lb. sack	3.50
A whole-wheat finger roll shortened with cream.		Protose Vegetable Meat (Potted), ½-lb.	.15	Requires cooking.		Pure Gluten Biscuit, pkg.	.25
Zwieback	.15	Nuttolene, 1 lb.	.25	Crystal Wheat, pkg.	.15	Potato and Gluten Biscuit, pkg.	.25
Whole-wheat bread toasted.		Made from nuts.—use it like meat.		Requires cooking.		A substitute for bread.	
Breakfast Toast	.10					The Meat Substitutes, Nut and Almond Meal and Butter, Vegetable Gelatin, Nut Soup Stock, Ripe Olives, Olive Oil, Hulless Beans, and Nut French Soup are all diabetic foods.	
Made of corn, whole-wheat and white flour, small, thin slices, toasted.							
REMEDY		BEVERAGES		FOOD CONFECTIONS		MISCELLANEOUS	
Charcoal Tablets, large (40 tablets), pkg.	.40	Malted Nuts, large bottle.	.75	Bromose, Nut, 1-lb. pkg.	.50	Meltose, 1-lb. can.	.20
For indigestion.		A fine granulated powder, of delicate flavor. The most nourishing food known. Especially good for invalids.		Nut and cereal caramels, very nourishing, concentrated.		A syrup made from cereals.	
Charcoal Tablets, small (20 tablets), pkg.	.20	Malted Nuts, small bottle.	.40	Bromose, Nut, ½-lb. pkg.	.25	Meltose, large	1.50
INFANT FOODS		Malted Nuts, Hospital size.	3.00	Bromose, Fig, 1-lb.	.50	Meltose, medium	.80
Sanitas Infant Food, pkg.	.50	Health Koko, ¼-lb. can.	.35	Fig Nut and cereal caramels.		Sanitas Marmalade, White Fig flavor	.20
Sanitarium Infant Food, pkg.	.40	A substitute for cocoa.—free from theobromin.		Food Candy, 1-lb. pkg.	.40	Made without cane sugar, glucose, or other harmful sweets.	
Lacnut, bottle	1.00	Grape Juice, qt. bottle	.50	A health candy made without cane sugar, in caramel form.		Sanitas Marmalade, Black Fig flavor	.20
Lacnut, Hospital size.	3.75	The pure, sterilized juice, without artificial sweetening.		Food Candy, ½-lb. pkg.	.20	Made without cane sugar, glucose, or other harmful sweets.	
VEGETABLES		Grape Juice, pt. bottle	.25	B. C. Health Chocolates, large pkg.	.60	Sanitas Marmalade, Prune flavor	.20
Hulless Beans, pkg.	.15	Caramel Cereal, pkg.	.15	Made of malt sugar: the theobromin has been removed from the chocolate.		Made without cane sugar, glucose, or other harmful sweets.	
All the good of the bean without the hull. Dry,—require cooking.		The original coffee substitute.		Nut French Soup, 1 lb.	.25	Vegetable Gelatin (Gelose), pkg.	.15
Baked Beans, can.	.15	Noko	.25	Vegetable Soup, 1 lb.	.15	Can be used like the ordinary kind.	
With or without tomato sauce,—contains no animal fat.		The latest development in cereal coffees, and the best.		Vegetable Soup, ½ lb.	.15	Nut Butter, 1-lb. can.	.25
Hulless Baked Beans, can.	.15	Apple Juice, qt.	.35	Nut Soup Stock, 1-lb.	.35	A substitute for table butter. An excellent seasoning.	
Hulless beans baked with a delicate nut fat.		The pure, sterilized juice.		Nut Soup Stock, ½-lb.	.20	Nut Butter, ½-lb. can.	.15
						Almond Butter, 1-lb.	1.00
						Almond Meal, bottle.	1.00
						Nut Meal, bottle.	.25

THE KELLOGG FOOD COMPANY, Dept Z-10 Battle Creek, Michigan

BACCALAUREATE SERMON

(Continued from page 1)

John F. Morse of the medical faculty on the 29th of May. The theme chosen is given in the heading of this article, and the lesson was drawn from the choice of Solomon. The audience completely filled the Sanitarium chapel, which was very tastefully decorated with flowers and ferns. The music under the direction of Mr. Drever was well chosen and rendered, the choir being supplemented by a violin solo by Miss Bonnie Core. The graduated nurses marched into the room escorting the graduating class to seats reserved in the body of the house.

The following is an abstract of the discourse, which was listened to with marked attention and interest:

"Throughout the land of Israel there were hills or 'high places' fitted up for worship. These were generally used for idolatrous purposes, but were also used for the worship of God and for the celebration of feasts. A 'great high place' was located at Gibeon, a short distance northeast of Jerusalem, and it was here that the circumstances alluded to in the third chapter of First Kings took place. The busy and exciting scenes of the day were over, and in the silence of the night God came to the young king with the gracious offer to give him whatsoever he might ask. It was an hour for quiet, calm, thought, and the field of choice was unrestricted. Rapidly there passed before the mind of Solomon the allurements and inducements of earthly and personal ambition. But in the calm hour the decisions of our hearts are based upon the thoughts and purposes we have cherished through the days of the past. In placing this chance before him the Lord was evidently trying to draw out the young king to crystallize his choice as to what should be the purpose of his life.

"Long life, riches, honor, the lives of his enemies, and many other objects dear to the natural heart came up to his mind, but they were all set aside and the choice was quickly made. 'Give, therefore, thy servant an understanding (margin, hearing) heart to judge thy people, that I may discern between good and bad.'

"Many thoughts must have flashed across his vision as the things from which he might choose came to his mind. He thought of a life of pleasure, but it was associated with pain. Worldly success was attended with probable failures. He thought of the mighty works that he might accomplish in a long life, but a long life is not always desirable. King Hezekiah's life was lengthened in answer to his appeal, but during that time he departed from God. A gray-haired man was telling me not long since of pleading with God that the life of his only son might be spared in boyhood, but he added sorrowfully, 'He might better have died.' We may not choose how long our life shall be, but we may choose what it shall be. There may have come to his mind a desire for the life of his enemies, but it is said that the sweetest revenge becomes the wormwood of remorse.

"He could not choose any of these things, but to know God and to have a heart that would respond to the thoughts of God represented itself as the dearest choice he could make. And the speech pleased the Lord, that Solomon had asked this thing. And God said unto him, 'Because thou hast asked this thing . . . Behold, I have done according to thy words: lo, I have given thee a wise and an understanding heart; so that there was none like thee before thee, neither after thee shall any arise like unto thee. And I have also

given thee that which thou hast not asked, both riches, and honor: . . . And if thou wilt walk in my ways, to keep my statutes and my commandments, as thy father David did walk, then I will lengthen thy days.'

"When we are willing to be used by God according to his wishes, God is willing to bestow upon us those things for which we have not asked, but which we can use to his glory. Solomon's attitude was such that God could place him in possession of greater advantages. The Psalmist says, 'I will run the ways of thy commandments, when thou shalt enlarge my heart.' The enlarging of the heart and the walking in God's ways are closely associated together. It is necessary to have our heart enlarged in order to perceive God's ways, and it is necessary to walk in His ways in order that our heart may be enlarged. It is truth only that can enlarge the heart and only the large heart can perceive the truth. And so we read of Solomon. 'And God gave Solomon wisdom, and understanding exceeding much, and largeness of heart, even as the sand that is on the sea shore.' 'And he spake three thousand proverbs: and his songs were a thousand and five. And he spake of trees, from the cedar tree that is in Lebanon even unto the hyssop that springeth out of the wall: he spake also of beasts, and of fowls, and of creeping things, and of fishes. And there came of all people to hear the wisdom of Solomon, from all kings of the earth, which had heard of his wisdom.'

"The heart that can listen and hear words from his Heavenly Father, is prepared to receive wisdom from each flower, and even from the creeping things and from all God's creation, come to his heart words of love, mercy and grace. From His great book of nature we may learn of God's love as well as from His printed book. Are our hearts prepared to receive the message? Have we the hearing ear and the understanding heart? And this same wisdom Solomon was able to carry into his public work in the administration of his great kingdom.

Let us each pray that the glorious success which attends a life of faithfulness and helpfulness may crown our earthly work. It will come to us only as we run in the way of God's commandments. There must be a measurable enlargement of our hearts before we can be of service in this world, and it is only by a knowledge of God and of his truth that the heart is enlarged.

"If I can touch one human heart for good, I have not spoken in vain."

THAT ALL-GONE FEELING

(Continued from page 1)

sometimes expressed by the term "spring fever." After the tonic effect of the cold air during the winter months has passed and the warm weather of spring and summer has come, a letting down in the physical condition and an exhaustion which is often unpleasant and sometimes more than simply disagreeable is experienced. Naturally those so afflicted look about for something to relieve this feeling of lassitude and weakness, and often resort to various remedies in the form of drugs, stimulants, bitters, tonics, etc. These bitter drugs give little or no relief from this condition, and in many instances they do more harm than good. In this article the writer wishes to call attention to a tonic which is always at hand, and which can be found in every household and used successfully by any one. It is important, however, that it be used intelligently and scientifically in order to bring about the best results. This tonic is simply cold water, and according to the writer's opinion, it is the best tonic in the world.

In order to understand its use and how it operates it is necessary to know something of the properties and functions of living tissue. Our bodies may be considered as a community of living cells. Each cell is a unit of tissue. There are as many different kinds of living cells in our bodies as there are different kinds of tissues. The different organs of the body are made up of different kinds of cells. The nervous system is made up of nerve cells, the muscular system of muscle cells, the liver of liver cells, the bones of bone cells, etc. These different cells that make up the different kinds of tissue have peculiar properties and functions. All the cells of the body have these so-called physiological properties in common but each class of cells have some quality or qualities developed more than others. That, is, the properties and function of the nerve cell are very different from those of the muscle cell or the liver cell. Each class of cell has distinct properties, and distinct functions to perform in the body. There are millions of these different cells in each and every organ of the body. It has been estimated that there are eight thousand millions of nerve cells in the nervous system of the average man, and undoubtedly there are nearly as large a number of other cells in each of the different organs of the body. Each of these cells has a certain amount of life, vigor and vitality, and the physical makeup of the individual depends upon the kind of cells

If You Are Sick Will Sleep in a Tent and Get Well

This is the Battle Creek Idea and it is getting to be the idea of the civilized people more and more every year. While we are not registered Physicians

We Provide Cures

and keep the people in a healthier condition, than barrels of medicine can do. Get the habit, for it is

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which enter into the composition of his body. In some individuals these cells are strong, vigorous and healthy, and so are the body and all its organs also strong, vigorous and healthy. In others the cells are weak, sickly, feeble and inefficient, and do their work improperly; so the individual whose body is composed of this kind of cells suffers from various forms of weaknesses and diseases. Undoubtedly when the Lord made man he gave him a full measure of this life force, which we call health or vigor, but as time has passed, it has to a large extent leaked away, as it were, from the human family, and so at the present time, instead of finding individuals with a full measure of this life-giving principle, we find men and women weak and suffering from diseases of various sorts, very often on account of the sins of their ancestors which have dissipated to a large extent this life principle which originally was implanted in man in large measure.

One of the essential properties of all living matter and of these cells which make up our body is the property of irritability, and by irritability we mean the ability or the capability of responding to various forms of normal stimuli. This is a property of every living cell of our body, nerve cells, muscle cells, liver cells, stomach cells,—every cell of the body has the property of responding to stimulation. This is essential to the life of every cell in the body. This property of irritability not only belongs to the cell, but belongs to our bodies as a whole. In fact, if it were not for this property of irritability and the normal and physiological stimulation which the body is constantly receiving from the physical force about us, the functions of it would soon run down and we would cease to live. We are quite apt to think that life is dependent only upon food, air and water. These, of course, are essential to our existence, but in addition to these

there are a large number of unseen forces which are acting upon our bodies all the time and which are quite as essential to our existence as are the material things which we take into our body. In a sense our body is a machine, a very complex and complicated machine, and in order to keep this machine in motion there must be some stimulation. This stimulation comes to our bodies from the various forces in nature. Sunlight stimulates the optic nerve of the eye and produces vision. Sound waves stimulate the auditory nerve in the ear and give sound; heat, cold, and electrical changes in the atmosphere stimulate the nerve endings of the skin and produce certain reactions in the body. All of these forces are essential to our health and life. This is a very important principle for us to understand in order to appreciate some of the so-called physiological remedies which are so effectually applied to the body in the treatment of disease.

The thing that we wish to speak of particularly in this article is the use of the short cold bath as a tonic. This bath may be applied in various ways, it may be applied in the form of a wet-hand rub, a wet-towel rub, cold-mitten friction, a spray bath, shower bath, douche, full bath, or a plunge into a lake or river of water. The essential thing is the application of cold water to the body. The thing that does good in these short, cold baths is not the water, but the cold that is in the water. The water is simply the vehicle for the purpose of carrying the cold in a convenient way so that it can be easily applied to the body. It is very important for us to appreciate and understand that it is the cold which does the good, not the water. The skin is filled with nerve endings. The nerves are extended out to the periphery of the body, to the finger tips, and in all parts of the skin are nerves which reach out and receive impressions which are made upon them from the out-

side world. When these nerves are stimulated in the skin, there are millions of nerve impulses which travel from the skin to the spinal cord and to the brain. These nerve impulses stimulate certain centers in the brain and spinal cord and cause them to change their activity. Other impulses are consequently sent out to the heart, to the muscles and to other internal organs of the body as the result of the impression which has been made upon the nerve center by the communicating impulse from the skin. These impressions to the skin may be made with cold water or hot water or light or electricity, or in fact, with most any physical force.

At the present time we are considering particularly cold. When one takes a cold bath these nerves in the skin are stimulated by the cold in the water, impulses travel up the nerve fibres to the nerve centers, these are stimulated, other impulses are sent down to the internal organs of the body, and thus their function is changed on account of the application of cold which is made to the surface of the body. This is the way that the application of cold to the body affects the organs inside—it works through the medium of the nervous system. Many who come to us here at the Sanitarium have difficulty in understanding how it is that the stomach or the liver or the heart can be in any way influenced or successfully treated by the application of water on the outside of the body. The above explanation will perhaps help to an understanding of how this is accomplished.

The use of the treatments here at the Sanitarium have all been carefully worked out and put on a scientific basis, and no treatment is used in a hap-hazard or unscientific manner. There is a reason for everything that is done.

(To be continued)

BATTLE CREEK SANITARIUM SCHOOL OF PHYSICAL EDUCATION

Special Summer Course of Ten Weeks, from June 30th to September 10th, 1909

The Board of Directors of the Battle Creek Sanitarium have organized this school in order to crystalize the work in scientific massage, Swedish Gymnastics, Manual Movements, and general educational work along the lines of right living. This work has been carried on continuously for more than thirty years in connection with the gymnasium, lecture and class work for the patients, nurses, students, and general help of the Battle Creek Sanitarium. The summer course will be especially adapted to the convenience of teachers, university students, and others desiring a change of vocation and rest while at the same time earning their expenses and pursuing a profitable course of study.

The following subjects will be given: ANATOMY, HISTOLOGY, PHYSIOLOGY and HYGIENE, HYDROTHERAPY, MASSAGE, FIRST AID and EMERGENCY NURSING, DIETETICS, PHYSICAL DIAGNOSIS and ANTHROPOMETRY, GYMNASIAC NOMENCLATURE and TACTICS, GENERAL GYMNASIACS and MARCHING, MAT WORK and TUMBLING, APPARATUS WORK, WRESTLING and FENCING, CORRECTIVE EXERCISES and MANUAL SWEDISH MOVEMENTS, and ATHLETICS and FIELD WORK.

The tuition for the ten weeks' course is \$20.00. By working from three to six hours a day, each student will be able to pay practically all of his running expenses. An opportunity for such work will be offered in the various departments of the Sanitarium.

Any who are interested will be sent illustrated announcement with further details on request. Address,

The Battle Creek Sanitarium School of Physical Education
BATTLE CREEK, - - - MICHIGAN

Domestic Science

BY RUTH C. TENNEY
Instructor Sanitarium Cooking School

SOUPS AND BEVERAGES

THE chief constituent of both soups and beverages is water, the first mentioned, most abundant and important food principle. Soups should be beneficial, but are usually so highly seasoned with irritating condiments that they tear down more tissue in the body than the food principles in the soup can possibly build up. Being served at the beginning of the meal, soup should be appetizing, appealing to the sense of smell and sight, as well as taste. If the soup is really hot, the false heat which condiments give is not necessary. We find that if good, wholesome, material is used, slightly flavored with harmless herbs, and served very hot, we have a dish which is not detrimental, but which will do us good and taste far better.

Soups are divided into two classes,—cream and clear soups. We will give an example of each as they are used at the Battle Creek Sanitarium. All measurements are level.

1 cup equals $\frac{1}{2}$ pint.
16 tablespoons, 1 cup.
3 teaspoons, 1 tablespoon.

Cream of Browned Onion Soup

4 medium sized onions
1 cup milk
1 cup cream
1 cup water
1 teaspoon salt
1 tablespoon flour slightly browned.

Cook the onions until perfectly tender, then let the water boil down and the onions will caramelize. Or, if preferred, the onions may be browned in the oven. Rub through a colander. Add the salt, water, cream and milk. Brown the flour by putting it in the oven and stirring frequently, or by putting in a pan on top of the stove. If the latter method is used, great care must be taken to keep the flour from burning. Mix with the flour some of the liquid, and add this to the soup. Let it come to the boiling point, and serve.

Vegetable Soup

1 cup diced carrots
1 cup diced turnips
1 cup chopped cabbage
 $1\frac{1}{2}$ cups chopped onion
 $\frac{1}{4}$ cup rice
4 tablespoons butter
2 cups diced potatoes
Noodles

Water to make 4 quarts of soup.

Cook the carrots, turnips, cabbage and onion until they begin to get tender. Then add the

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QUESTION BOX DEPARTMENT

EACH Monday evening Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics. Questions must not be sent to the BATTLE CREEK IDEA.

QUESTION. Is rhubarb, or pieplant, a good and desirable article of food?

A. No; because it has no nutritive value; it is nothing but wood, water, and sour taste. And its sour taste is due to oxalic acid, and oxalic acid is a poison. Whenever you buy oxalic acid at the drug store, it has a skull and cross bones on the label. It is poison in the rhubarb just as much as it is in the drug store. A great many people eat it, that is true. But they do not eat enough of it to get apparent toxic effects; but they do get bad effects. Some years ago I made some experiments, and in every single case of those persons who ate the rhubarb, oxalic acid was found in the excretions.

Q. Does yogurt cheese contain the good qualities of yogurt in liquid form?

A. Yes, we have the very same thing in yogurt cheese that we have in yogurt tablets and yogurt buttermilk.

Q. How long does it take to expel uric acid from the system providing foods which cause its production are no longer used?

A. How long did it take to spend the money which your father left you? You say it just depends on how much money your father left you, and how fast you spent it. It just depends on how much uric acid you have laid up in store and how fast you expel it. One who has been storing uric acid for a great many years can count upon its taking months to get rid of it, because the uric acid is stored up in the form of urate of lime, and it is almost an insoluble substance, and it is very slowly dissolved.

Q. What is the cause of a person feeling hungry after a good meal at which he has taken pains to fletcherize very thoroughly, and given a whole hour to the meal?

A. Probably an excessive production of hydrochloric acid.

Q. What is good for biliousness, and what is the cause?

A. Biliousness is auto-intoxication. It is simply a state of poisoning and comes from food-stuffs decaying in the intestines, which should have been discharged from the body, but are retained for too long a time until putrefaction takes place; and the cure is to secure more rapid transit of the substances through the body, to avoid dealing things which can undergo decay, which means avoiding flesh meats of any sort and cutting down the supply of eggs to a very small amount.

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L. J. BUSH, Passenger Agent.

PERSONALS

W. Hastings, of Toronto, Ont., is a new arrival.

Miss Louisa Goodman, of Kalamazoo, is resting here.

J. M. Lopez, of Havana, Cuba, is here for treatment.

L. Brown, of Scotland, is here for rest and recuperation.

Dr. and Mrs. J. H. Blair, of Bozeman, Mont., are resting here.

V. H. Bain, of Winnipeg, is among this week's arrivals.

Col. E. S. Reid, of Chatham, Va., is here for rest and treatment.

C. F. Pengeley and wife, from Jamaica, W. I., are visiting here.

Mrs. Perkins Baxter, of Tennessee, has arrived for treatment.

Mr. and Mrs. Edw. W. Keisker, of Chicago, Ill., are new arrivals.

Mrs. Jas. A. Noble, of Pratt, Kans., is here for a course of treatment.

A. H. McMillan, of Bay City, Mich., is among this week's arrivals.

W. E. Shumate, of Georgia, is a newly arrived visitor from the South.

J. O. Broswell, of Macon, Ga., a dentist, is here for rest and recuperation.

F. F. Wright, Warren, Ind., has returned for further rest and treatment.

Mrs. J. S. Carnahan, of Monterey, Mexico, has returned for further treatment.

Mrs. Lawrence Pratt, of Oklahoma City, Okla., is a patient at the Sanitarium.

Miss Edith Bullock, of Howell, Mich., is again at the institution for treatment.

Dr. J. W. Ellis, of Masonville, Ky., has returned for further rest and treatment.

Geo. Shepard, of Auburn, Ind., has returned to the Sanitarium for further treatment.

Mr. John Ewalt and wife, of Westfield, Ill., are taking treatments in the institution.

O. J. Frezall, of Indianapolis, Ind., a banker, is here for rest and treatment.

Dr. D. A. Huron, from Canada, accompanied by his wife, is here for a course of treatment.

Mrs. Chas. A. Byron, of Memphis, Tenn., is stopping at the Sanitarium for rest and treatment.

Mr. and Mrs. John L. Dickson, and daughter, of Houston, Texas., are among the recent arrivals.

Dr. W. H. Bullis, of Rochester, N. Y., is visiting his wife, who is a patient at the Sanitarium.

O. G. Haskett, retired officer from the U. S. Navy, stopped off here this week on his way to California.

Mrs. L. L. Stephenson, of Big Springs, Tex., accompanied by her son, Logan, has arrived at the Sanitarium.

Mrs. G. W. Morrow, of Detroit, wife of the President of the Anti-Saloon League, is a guest at the Sanitarium.

Mrs. G. A. Mabbott and son, Leonard, of Aberdeen, S. Dak., are stopping here. Mrs. Mabbott is accompanied by Miss Edna Wolf, a graduate of the Sanitarium Nurses Training School, class of 1905.

John T. Rowland, from Georgia, a prominent fire insurance agent is a recently arrived patient from the South.

E. R. Richardson, of Nashville, Tenn., is here this week visiting his wife and daughter Edna, who are patients here.

Miss Phoebe McCanley has returned from Union City, where she has been visiting friends for the past few days.

Dr. Clara Otis has gone to Washington, D. C., for a two weeks' visit with her father. Dr. Leslie Frasier is taking her place.

Mr. Harry N. Myser, Canton, Ohio, a literary student of Ann Arbor, spent the memorial holidays with friends at the Sanitarium.

B. W. Crossley, Ames, Iowa, a professor of the State Agricultural College, has arrived at the Sanitarium for rest and recuperation.

Mr. C. F. Chapin, of Idaho, is a recent arrival. Mr. Chapin is engaged in the mining business and comes here for rest and treatment.

Miss Lora L. Ellis, a graduate nurse, has been called home to Chillicothe, Ohio, by her mother's illness. It is uncertain whether Miss Ellis will be able to resume her work at any time within the near future.

Rev. J. W. Lawrence, pastor of one of the Methodist churches in Kalamazoo, is spending a few days at the Sanitarium in company with his mother, who, having undergone a surgical operation, is rapidly recovering her health.

Miss Iva Cadwallader, of the Record Office, has gone to Minneapolis for a month's vacation, where she will visit her brother. Miss Linnie Belden, formerly of the Record Office, will attend to the work during Miss Cadwallader's absence.

Dr. Levi B. Salmans, of Guanajuato, Mexico, superintendent of the Medical Missionary Hospital and Training School in that city is again a welcome guest at the Sanitarium. Dr. Salmans is accompanied by two of his nurses, Mrs. Julia Youzales and Maria Membrillo.

NERVOUS CHILDREN

A PERFECTLY healthy child gives no indication of that peculiar sensitiveness known as nervousness. Nervousness in children is abnormal. It is only when the child suffers for the sins of the parents that we see a nervous child. Nervousness means an irritable condition of the nervous system.

Nowadays there are a great number of these nervous children; nervous, because their mothers were nervous, because their fathers were nervous, because their fathers smoked, because their mothers drank tea and coffee; because they were fed improper food when they were little, when they ought never to have tasted it.—Ez.

OLD MOTHERS

I LOVE old mothers—mothers with white hair, And kindly eyes, and lips grown softly sweet With murmured blessings over sleeping babes. There is something in their quiet grace That speaks the calm of Sabbath afternoons; A knowledge in their deep, unflinching eyes That far outreaches all philosophy. Time, with caressing touch, about them weaves The silver-threaded fairy-shawl of age, While all the echoes of forgotten songs Seem joined to lend a sweetness to their speech. Old mothers, as they pass with slow-timed step, Their trembling hands cling gently to youth's strength; Sweet mothers! as they pass one sees again Old garden walks, old roses, and old loves.
—The Century.

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Any one reading this advertisement having the money to invest, and wishing income property or property to hold for future raise in value can learn of some of the best in Battle Creek by addressing C. TRYON, 235 West Main Street, Battle Creek, Mich.

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will bring to you our booklet, "Healthful Living," which will tell you about the Battle Creek Diet System. Just a line—a few words—and you will receive, free of charge, this beautifully illustrated booklet. It ought to be read by every person who desires to have physical and mental strength to do their share in the world's work.

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is not a fad or fancy nor a mere group of ideas. It is a system which entails no hardship in its adoption, but is as agreeable and pleasing as it is wholesome and beneficial—the system which restores health by restoring natural conditions.

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BATTLE CREEK,

MICHIGAN

A PROFITABLE SUMMER VACATION

Why not plan to spend your summer's vacation at the Battle Creek Sanitarium taking a course in Domestic Science with health as the dominant idea

A short summer course of five weeks will be given, beginning June 21, 1909, consisting of classes in Cookery, Table Setting and Service, Care and Laundering of Linen, Wearing Apparel, etc., Physical Culture including gymnasium drills, swimming and other exercises intended for the physical development of the student, Sanitation and the Home Care of the Sick.

Students are also expected to take advantage of the lectures in the parlor and gymnasium bearing upon kindred topics. For further particulars, write to

THE BATTLE CREEK SANITARIUM SCHOOL OF HEALTH AND HOUSEHOLD ECONOMICS

News Notes

Dr. and Mrs. Eggleston gave a reception at their new residence on the evening of May 27 in honor of Mr. and Mrs. George E. Judd, whose marriage occurred in Des Moines on the 25th. A large number of guests, friends of the happy pair, were in attendance, all of whom, with many others, unite in extending to these workers their heartiest congratulations and best wishes. The rooms were nicely decorated and the evening was pleasantly spent in a social manner.

The Graduating Exercises of the Sanitarium School of Health and Household Economics will be held on the 14th inst. It is expected that Miss Maude Gilchrist, Dean of the Woman's Department of the Michigan Agricultural College, will deliver the address. Mrs. Anna A. Gordon, National Evangelist of the W. C. T. U., will, it is expected, deliver the baccalaureate sermon on Sabbath, June 5.

The Sanitarium family was favored on the afternoon of May 29 with a most stirring and interesting address by John Fletcher Spence, LL. D., of Knoxville, Tenn., Chaplain-in-Chief of the G. A. R. of the United States. Since the close of the civil war, Dr. Spence has been intimately connected first with the reconstruction of the South and the education of the white natives of the mountainous regions of the Central South. For years he was president of Grant University, Chattanooga, and is now connected with the Lincoln Memorial University of Cumberland Gap and associated with Gen. O. O. Howard. His address was patriotic in character and descriptive of the history and experience of the people for whom so large a portion of his life has been given.

We have received from Dr. C. C. Nicola, superintendent, a beautiful booklet setting forth the work and inducements of the Attleboro, Sanitarium, located on the principal railway line between Boston and Providence, about thirty miles from the former and twelve miles from the latter city, easily accessible from New York and other great centers of the East. The building, a fine stone structure, four stories high, is of elegant architecture and interior finish, and is beautifully furnished, having been erected and equipped for Sanitarium purposes several years ago, but having been permitted to stand vacant until Dr. C. C. Nicola, and his wife, Dr. Mary B. Nicola, from the Battle Creek Sanitarium medical staff, recently opened it up. We are glad to hear encouraging reports of their progress.

FUNDAMENTAL PRINCIPLES

(Continued from page 2.)

culture or health training. It involves not only the training of the muscles, but the training of the skin, the training of the stomach, of every important organ and function out of morbid conditions into healthy ones.

The patient's breathing capacity must be increased, his feeble heart strengthened, his skin made more active, his muscles stronger, his nerve tone higher, his digestion more prompt, and his tissue activity greater. He must, in short, be made a healthy man. He must be made more vigorous, more vital, more resisting to disease, than before he was ill, in order to insure him against speedily becoming sick again. He must not only be cured, but trained to stay cured.

Nothing is so vitally important toward this end as the improvement of the quality of the

blood. "The blood is the life." It is the blood which heals, just as it is the blood which builds, vitalizes and creates within the body. Hence we must look for the best curative results to those agents which are most capable of improving the quality of the blood and controlling its distribution so as to bring the healing power of the blood to the part where it is needed.

The physiologic method is able to accomplish this in cases in which all other methods fail, and has resources to meet every possible indication. The only thing necessary is that the patient shall have a sufficient amount of constitutional vigor in reserve to be able to react or respond to the measures to which he is subjected.

The practice of the physiologic method requires, accordingly, a thorough knowledge of physiologic processes in general, and such an examination of each case as will make clear the nature and extent of each departure from the normal state; then the specific wants of each are considered and met by suitable measures, hygienic, gymnastic, mechanical or medicinal,

where required, and an appropriate regulation of the diet and regimen. With such precautions and such thoroughness of treatment, the success of the Battle Creek Sanitarium method is not difficult to account for.

Quite a large proportion of the invalids who visit the Battle Creek Sanitarium are of the most chronic and obstinate class, and have previously visited many "springs" and health resorts. Almost every change brought temporary relief, but the root of the difficulty remains, and can only be eradicated by a careful and scientifically directed course of health culture, combined with the powerful reconstructive measures afforded by scientific hydrotherapy, electricity, massage, etc.

This is precisely the class of patients to which a sanitarium ought to be best adapted. The temporary relief afforded by palliative means is no longer obtainable. Radical measures must be adopted; and for the successful employment of such means, a well-regulated institution, with its trained corps of attendants, its systematic rules and regulations, is absolutely indispensable.



The Great Lakes Trip

A little journey on the inland seas is the most pleasant and economical vacation trip in America. The ever varying scenery of the shore line and the picturesque beauty of the islands add interest and delight to every mile of the trip. All the important ports on the Great Lakes are reached regularly by the excellent service of the D & C Lake Lines. The ten large steamers of this Fleet have all the qualities of speed, safety and comfort. Every boat is of modern steel construction and is propelled by powerful engines. The Clark Wireless Telegraph Service is used aboard.

Tickets reading via any rail line between Detroit and Buffalo, Detroit and Cleveland, in either direction, are available for transportation on D & C Line Steamers.

The D & C Lake Lines operate daily trips between Buffalo and Detroit, Cleveland and Detroit, four trips weekly between Toledo, Detroit, Mackinac and waypoints, and two trips weekly between Detroit, Bay City, Saginaw and waypoints. A Cleveland to Mackinac special steamer will be operated from June 15th to September 10th, leaving Cleveland direct for Mackinac stopping at Detroit enroute every trip and at Goderich, Ont., every other trip. Special daylight trip between Detroit and Cleveland during July and August. Send 2 cent stamp for illustrated pamphlet and Great Lakes Map. Address: L. G. Lewis, G. P. A., Detroit, Mich.

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ARRIVALS

THE following is the list of arrivals at the Battle Creek Sanitarium for the week ending May 31: Rev. and Mrs. F. H. Huntsburger, Ohio; Mrs. G. Decker, City; Mrs. H. M. Goodsmith, Ill.; Dr. and Mrs. J. F. Blair, Mont.; Mrs. Edw. W. Keisker, Ill.; Mr. Edw. W. Keisker, Ill.; Miss Florence Olman, Ill.; Mr. and Mrs. Frank Facay, Mich.; Mrs. Lawrence Pratt, Okla.; F. T. Wright, Ind.; W. E. Newark, Mich.; L. C. Heminger, Ky.; Miss C. E. Spencer, City; Mrs. A. C. Bostwick, N. Y.; Mrs. G. H. Lawrence, Mich.; J. W. Lawrence, Mich.; E. G. Cox, Ohio; H. Forgey, Ohio; J. B. Kern, Ill.; John Ewalt and wife, Ill.; Ida Batteher, Iowa; Mrs. Jas. A. Noble, Kans.; Mr. J. H. Schult and wife, Ind.; Peter Schmidt, S. Dak.; L. C. Cornell, Ill.; Mrs. L. C. Stephenson and son, Tex.; P. V. D. Vedder, Iowa; L. Brown, Scotland; Mrs. R. C. Skinner, Ohio; Walter F. Swiggett and wife, N. C.; Mrs. L. S. Bryson, Tenn.; Emily C. Mead, City; Arnold H. Rambley, Ill.; Miss E. G. Charlton, Ia.; B. W. Crossley, Ia.; W. C. Swinford, Ill.; Mrs. N. E. Downing, Tenn.; O. F. Fringee, Ind.; O. G. Haskett, U. S. Navy; D. A. Herron, Colo.; Mr. and Mrs. Geo. E. Judd, Ia.; Mr. Harvey, Mich.; Walter C. Mack, Mich.; A. Earle Mulligan, Ohio; George Shepard, Ind.; Dr. J. W. Ellis, Ky.; J. S. Taylor, Ky.; Mrs. G. P. Williams, Mich.; Miss Ella G. Williams, Pa.; Bessie Burkter, Ind.; Elsie Stock, N. Y.; Dr. Alex. Hatton and wife, Ont.; Wm. Northwood, Mich.; C. F. Chapin, Idaho; J. H. Biggs, Ark.; Herbert Thayer, Kans.; H. M. Johnson, B. C.; Geo. P. Williams, Mich.; W. C. Duke, N. Y.; Mrs. G. W. Morrow, Mich.; Mae B. Whitmore, Mich.; Dr. A. J. O'Brien, Mich.; Willard K. Bush, Mich.; Mrs. J. S. Carnahan, Mexico; W. H. Bullis, N. Y.; Mrs. J. F. Belbey, Pa.; W. Menendetz, Cuba; W. E. Shumate and wife, Ga.; J. G. McAfee, M. D., Ga.; Mrs. J. H. West, Ind.; Mrs. Chas. A. Smith, Ind.; George Donald Coates, City; Mrs. Chas. M. Bryan, Tenn.; E. E. Godfrey, Ariz.; J. M. Lopez, Cuba; John F. Spencer, Tenn.; H. E. Markes, Pa.; J. W. Henley, Ky.; L. D. Marcellus, Mass.; Chas. Gess, Mich.; James Kenan, Ill.; Wm. A. Hinds, N. Y.; Edna M. Wolff, S. D.;

Mrs. G. A. and Leonard Mabbolt, S. D.; W. E. Johnson, Jr., Ohio; D. Edith Bullock, Mich.; Wilmer C. Harris, Mich.; C. D. Warner, Mich.; C. Pengelley and wife, W. I.; H. P. Badger, Mich.; W. B. Sturlant, Mich.; F. T. Patterson, Ohio; E. L. Ride, Va.; A. W. Grabe, Wis.; Mrs. Jessie Lett, City; A. J. Davis, Ill.; A. E. Redman, Ill.; Levi Salmans, Mexico; Julia Youzalez, Mexico; Maria Membrillo, Mexico; Marjorie Steele, City; Ruth M. Moore, Mich.; A. H. McMullan, Mich.; C. V. H. Hauley and daughter, Mich.; Mr. R. L. Hanawalk, Ohio; O. B. Potter, N. Y.; Miss L. Dock, N. Y.; C. H. Strotz, Ill.; John T. Rowland, Ga.; Homer I. Bowden, Mo.; Chas. Anderson, Ill.; John F. Dickson and wife, Texas; Miss Dickson, Texas; B. F. Brown, Minn.; E. R. Richardson, Tenn.; Miss Edna Richardson, Tenn.; Miss Lucene

Goodenow, Mich.; C. H. Benford, Iowa; E. W. Murphy, N. Y.; Mrs. P. Baxter, Tenn.; W. Hastings, Canada; Harry N. Myser, Ohio.

As announced last week, Rev. Ellsworth G. Lancaster, President of Olivet College, will deliver the baccalaureate sermon before the graduating medical class on Sabbath, June 12, at 11 o'clock in the Sanitarium chapel.

The 20th Annual Picnic, given in honor of the Nurses Graduating class, was held at the Sanitarium Villa, Lake Goguae, on Thursday, June 3. A large number of nurses and their friends assembled at this time. A bounteous meal was spread and a most enjoyable time was had by those participating.



VIEW OF MAIN BUILDING

BATTLE CREEK SANITARIUM

The Battle Creek University of Health

representing the principles of healthful living which have restored life and efficiency to a hundred thousand health-seekers at the Battle Creek Sanitarium, and drawing upon its eminent authorities and treasures of health knowledge, offers to the public a series of Correspondence Courses on vital topics of health and right living. Each Course consists of six lessons, sent to the student wherever he may be, for study at his own convenience. The study is made easy and effective by Student's Guides, letters of instruction, readable texts, illustrations, and other helps. Test Questions and Practical Health Tests lead to Certificates and Diplomas.

"To Make Life Happier and More Efficient"

is the declared aim of these Correspondence Courses, and every line is written with this practical end in view. The object of this health instruction is to train the student in hygienic ways of living that will increase his working-power and enjoyment of life. The privilege of free consultation on personal matters of health and disease is offered to every student. A bare outline of the Courses now ready, indicating merely the chief topic dealt with in each of the Lessons is given below. Additional Courses now in preparation.



Course 1

FOOD AND DIET.—The Human Body as a Locomotive—Eating for Health and Efficiency—Fruits and Nuts; Their Value and Uses—Cereals, Vegetables and other Foods—Diseased Foods—Food Values, with Diet Tables.

Course 2

HEALTH EXERCISES.—How to Be Strong—Lung Gymnastics—Walking, Running, Climbing—Exercises for the Sedentary Man—How to Cultivate Symmetry and How to Correct Deformities—Exercises for Special Needs.

Course 3

BEAUTY CULTURE.—Health and Beauty—The Skin and the Hair—The Complexion and Facial Beauty—Care of the Teeth and the Mouth—Beauty of Figure and Dress—Further Aids to Beauty.

Course 4

HYGIENE OF INFANCY.—Mother and Babe—Feeding the Baby—When the Baby is Sick—The Baby's Clothing—Exercise and Fresh Air for Infants—Rest and Comfort.

Course 5

HOME NURSING.—General Care of the Sick—Baths for the Sick—Wet Rubbings, Cold Mitten Friction, etc.—Packs and Compresses—Twenty-five Methods of Relieving Pain—Massage.

Course 6

PREVENTION AND CURE OF TUBERCULOSIS.—Tuberculosis: What It Is—The Sources of Danger—Precautions, Public and Private—Natural Immunity—Health Habits which Strengthen Immunity—The Cure of Tuberculosis.

TUITION FEE for each Course, including all rights and privileges pertaining thereto, is now \$5.00 (soon to be raised to \$10.00). Other special advantages to those who enroll promptly. Use coupon to right for immediate enrollment, enclosing \$5.00 for each Course you select.

Tear Out Left "PAGE" for Booklet.

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ENROLLMENT COUPON

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Gentlemen:—I enclose \$..... in full payment for instruction and all special privileges in Courses Number.....

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Not a Drug Not a Food

The new scientific remedy for constipation—the most common of all human diseases, and the mother of a multitude of maladies.

Used and endorsed by the Battle Creek Sanitarium and by the most eminent physicians in this country and Europe.

All drugs and mineral waters increase the constipation and make worse diseases. Colax succeeds when drugs fail, and is as harmless as water, tasteless and odorless.

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BATTLE CREEK,

MICHIGAN

THE BATTLE CREEK IDEA

Vol. 11 No. 27

BATTLE CREEK MICH. JUNE 11 1909

Price 2 Cents



SCHOOL OF HEALTH AND HOUSEHOLD ECONOMICS

Recognizes the Fact That the Housekeeper
Is the Guardian of Health in
the Home

STANDS FOR BETTER HOMES

In the establishment of the above school in
connection with the work carried on by the
Battle Creek Sanitarium, a departure was taken

THAT ALL-GONE FEELING --IT NEEDS A TONIC

Dr. W. H. Riley Explains to the Sanita-
rium Patients the Cause of
This Complaint

KNOWN AS SPRING FEVER

(Continued from last week)
THERE is more science in the proper applica-
tion of cold water to the body than in the action

NURSES' TWENTY-FIFTH ANNUAL COMMENCEMENT

Sixteen Nurses Complete the Course in the
Battle Creek Sanitarium and Hos-
pital Training School

DR. KELLOGG PRESENTS DIPLOMAS

THESE exercises comprised four different
events on as many days. First came the baccalaureate sermon on May 29, delivered by John



CARRIE M. WOOLSEY MOLLIE CULVER O. A. ANDERSON HENRY HULANDER NORA SHAFFER MAUDE YOUNGBERG
FLORENCE E. STOUT ELLA DEVINE IDA J. LAHEY MRS. R. C. JUNE ETHEL BOSLER

from the course pursued by all other schools of domestic science, by adopting a course of study both theoretical and practical; that is, in harmony with the one idea of health development and preservation. The mere ornamentation of the table and of the home is not the object aimed at in this institution. Not that these are ignored or forgotten, but the great consideration is the permanent welfare of the household and its members. In the matter of cookery, for instance, the dominant thought is that of providing for the system the most scientific and thorough nutrition and life- and health-giving food both in material and its preparation, and the same principle is upheld in every department of the work undertaken by this school. A glance at the outline of the several courses presented will make the truth of these statements very apparent. Nothing is taught in a merely conventional way. Old conventionalities are passing away before the advancing light of scientific

(Continued on page 6)

of many drugs which we know little about. The effects of the cold bath on the body will depend upon the following conditions:

(1) The condition of the patient or the individual to whom it is applied. A strong, healthy individual reacts vigorously, while a weak, sickly and emaciated person reacts only feebly to cold applications. If the same application is made to each of these two individuals, the results will be entirely different in the two cases, because one reacts vigorously and the other reacts only feebly.

(2) The temperature of the water. The colder the water the more decided is the impression made upon the body and the greater should be the reaction and the greater the benefit, provided of course, that the cold is not so great as to produce a depression rather than a reaction. In a feeble individual if the water is very cold it may produce depression instead of stimulation, as the impression

(Continued on page 6)

F. Morse, M. D., and reported in these columns last week. Second was the class day exercises held in West Hall on Tuesday evening, June 1st. On this occasion the parlor was well filled with nurses and their friends, the room being beautifully and appropriately decorated with the class colors—Nile green and white. Mrs. M. S. Foy presided, introducing the program with a few well chosen remarks, and calling upon Pastor Tenney to offer prayer. A varied schedule of addresses, readings and music followed. Probably the two items attracting most attention were the Class History by Miss Carrie M. Woolsey and the Class Prophecy by Miss Ida Lahey. The past and future of each member of the class were outlined in a manner that was to say the least interesting. Though a vein of pleasant humor came frequently to the surface during the evening, touching and heartfelt allusions to the associations, influences and helpfulness of the school were often in evidence. The occasion was a very pleasant one indeed.

The fourth feature was the annual picnic given in honor of the graduating class at the Sanitarium Villa, Lake Goguae, on the afternoon of June 3. The place was reached by special car at 6:30, and the tables were in readiness, most tastefully and bountifully spread. There were over eighty guests present, and after the repast the evening was spent in boating, social intercourse and pleasing pastimes.

The third and most notable event was the graduation exercise, which took place in the gymnasium on the evening of the 2nd instant. Herewith we give a copy of the prepared program:

Program	
Overture—Zampa	Herold
ORCHESTRA	
Prayer	
PASTOR GEO. C. TENNEY	
Music—The Lamp in the West	Parker
MEN'S CHORUS	
Address—"The Hall Mark"	
DR. CAROLYN GEISEL	
Violin	
a. To Spring	Greig
b. The Rain	Bohm
MISS BONNIE CORE	
Representing the Class—Successful Nursing	
MAMIE YOUNGBERG	
Selection—Lucia di Lammermoor	Donzetti
Presentation of Diplomas	
DR. J. H. KELLOGG, President.	
Benediction	
Class Motto: For the Good of the People.	

CLASS ROLL

Nora Palmer Shaffer	Ella L. Thompson
Carrie M. Woolsey	Cora M. Armstrong
Ida J. Lahey	Thekla J. Gross
Florence E. Stout	Marietta Ripley Bowen
Ella Gladys Devine	Mollie R. Culver
Rosamond Colwell June	Ethel M. Bosler
Mamie V. Youngberg	O. Arnold Anderson
Henrick N. Hulander	Mary Howe

The march in was participated in by all the nurses not on duty, and formed a very pleasing and inspiring spectacle. The graduating class marched in the rear, and upon reaching the hall the nurses formed in two open lines between which the class of '09 marched to seats on the platform. The large hall was filled with spectators and friends, and the decorations were attractive and pleasant. The musical numbers were given in the most pleasing manner and reflected credit upon the orchestra and the singers.

Dr. Geisel's Address

Dr. Carolyn Geisel spoke substantially as follows:

It is all over, all finished—a task of three straight years; and they have completed it. It lacks just one thing, it needs to be stamped. And the work of this evening is the putting on of the stamp upon the finished work of three years. In my hand I hold a little piece of metal. It took a long time to work it out. First the metal had to be perfected; some alloy had to be worked out. Perhaps you have experienced that. It may be that there were some things in the lives of those upon whom this institution means to put its stamp to-night, that had to be worked out before the metal was ready to receive the stamp.

In the old time, in putting a hall mark upon a piece of metal like that, the goldsmith's company said to the world that a piece of metal bearing that stamp is all pure gold, saving just twenty-five parts in every thousand. She is in the Halsted Street Mission—my sister Everhart, and she said, "When the Master up there gets through with me I shall not be bigger than a ten-cent piece, but I will be sterling all

the way through." And you said before you wore the black band upon your cap; and I said before in my eager hand I took a bit of paper like that: "There will be very little left of me." And to-night, "for the good of the people," we are saying, "Praise God that there is little left of the me and much left of Him who worketh in and through me to do His good will for the good of the people."

There were other things in that hall mark stamped upon little pieces of metal like this besides the standard mark—it bore the stamp of the time. And the nurse that is turned out of this institution in the year 1909, bears the stamp of the time, the onward march of this marvelous century, the wonderful times we are living in. That which satisfied the people, sufficient for their good yesterday, is nowhere nearly sufficient for their good to-day. We require more of each other, because God hath given so much in these wonderful later days.

I remember her well, back there in the beginning of my practice. She was what was called a "natural nurse." She was taking care of a typhoid fever patient who suffered a lung complication with this mischievous raging fever.



DR. CAROLYN E. GEISEL

When the other nurse had gone for her dinner, and I, the attending physician, was not present, she thought she would find out if that patient was going to recover. So she found a cat. It was very black. She regretted that it had a few white hairs. And that living animal was slaughtered and its warm body put upon the chest of the patient, and then they awaited developments. If the entrails turned green, the patient would not recover. If they did not, her chances were good. That sufficed something like twenty years ago. The stamp of our times must be put upon these nurses, for that sort of mal-practice would not now be tolerated a single hour.

There is reserved by the goldsmith's company this power—they may go up and down in the shops of goldsmiths and, finding pieces of decoration or ornamentation without the hall mark, it is their right and privilege to seize it and confiscate it. Michigan reserved for herself that right a few days ago. Michigan recently passed a law requiring that all her nurses shall register and prove that they are graduates from some reputable school. Michigan has reserved the right to put out of business any nurse who can not prove her efficiency. The world demands to-day better qualities than it demand-

ed in the yesterday, because the needs seem to be greater, and our intelligent comprehension of our needs is vastly greater. Aye, and that is not all, for not only Michigan demands an efficiency equipment, but the world demands that of you, no matter who you are. The world demands of you with a cap upon your head that indicates that you are a nurse, the world demands of me, an efficiency test; you must prove that you can do it. I am giving into your care something extremely valuable to me when I put into your hand the life of one who is dear to me. "Oh, but," you say, "the doctor is above us." The doctor may possibly have supervision of the case, but the case is yours, first, last, and all the time. The doctor is handicapped, and the patient's life may go out unless you can prove your efficiency.

And now, before we open the door to let these out "for the good of the people," go into the wide world where suffering is, I am going to remind these nurses that their very first duty is to the helpless, suffering soul under their hands. Never for a single minute are you to forget that that life may go out because you have forgotten your duty. Never for one single minute are you privileged to forget that that life is sacred. But the nurse can not do her whole duty to that one unless she remembers with great distinctness that she has a duty to herself. This institution never opened its door to let go a nurse out into the world that it did not first try to make that nurse understand that her duty to herself was all but paramount.

"To thine own self be true,
And it must follow, as the night the day,
Thou canst not then be false to any man."
You need absolute self-integrity. Whatever you do, be true; whatever you are, be that, straightforwardly that, be honest; in fact, be nobody else but yourself. I said an instant ago you might be impelled to feel that the doctor was above you and that the responsibility was his first and yours second; but if you are yourself, you will never diminish your profession; you will understand that your profession is second to no other, the noblest in all the world, for you come closer to your patient than any one else can. Your responsibility is, because of that, greater than the physician's; and if you are a capable, Christian nurse, then, should the responsibility slip from the doctor's shoulders into your hands the patient will be safe—safe not alone for time, but for eternity.

There was still another mark that would go upon that piece of metal before he who gave it to the people would allow it to be sold; the mark of the place is important. I believe that there is no larger training school for nurses in this United States. I doubt if there is a larger one in the world; but it is not the size that makes value. The Master said, "Come out from among them and be ye separate," for he would have a peculiar people; and it may possibly be that in this dear old institution that so many of us have learned to love most profoundly, you may have heard the call of the Master to come out and be peculiar; and you who have taken the training here for three years, and you who still are with us in training will, when the work is over, unconsciously or consciously bear the stamp of the institution.

But if you have heard me in my reminder of your second duty, your duty to yourself, you will follow me in calling up the third duty, that of bearing the stamp of the institution—you will be true to your *alma mater*. Your duties to your patient and to yourself are important; but your duty to that which helped you to your place before the people is also important. There is a sense of pride about our family name. Somebody else said that "Whoever sits in my front row must sit up straight." You are entering

somebody's front row, and you have a duty to the institution whose stamp you bear.

And we are peculiar. In some things we are a bit different from any other school in the country. First, last and all the time, this institution stands for the principles of righteousness as set forth in that marvelous old Guide-book; and when this institution puts its stamp upon this class of nurses to-night, and puts in their hands this letter of commendation, it says to the people, "We give to you a Christian nurse." If there is in this class of graduates one who does not know the Lord Jesus Christ as Leader, the institution should hold back its hand and not put its stamp upon such an one; for we have pledged ourselves to the people to give to them nurses that will help the whole man, body, soul and spirit; and you, as Christian nurses, are peculiar, with the stamp of a peculiar institution upon you.

The last of the four stamps placed upon the reverse side of this piece of metal, is the stamp of the maker. I have reminded you of three duties, your duty to your *alma mater*, your duty to yourself, your duty to your patient, and I have come to the fourth,—not one of these three duties equal the duty covered by that last stamp—the stamp of the Maker. And if any member of this class would go out to the world, suffering as the poor world does suffer, with soul sickness more than body sickness, and should have not upon her and in her the stamp ment of this institution, "Hold back your hand; do not put the stamp upon her; she can not go." do not put the stamp upon her; she can not go." Why not? Your duty to yourself is important; your duty to your patients here is important; your duty to your *alma mater* is important; but your duty to your patient's soul is more important than your duty to her body, or any of the other duties I have mentioned to you. I said upon this platform—perhaps it was two years ago—that the nurse could get nearer to the patient than any one else, for that patient's soul is tender, waiting for the stamp that you will impress upon it. No one else can come so near to the mellow soul of the sin-sick patient as a nurse can. Let me say to you, then, if you have not received the stamp of the Maker in your own soul, tell it to us privately, and let us withhold your stamp, because we can not face the world, having made our promise that we would give to them Christian nurses,—we can not face the world and give them something else. This institution may be peculiar; yes, but if this class of nurses sitting here upon this platform is not willing to receive their peculiar stamp,—aye, if they have not already received the stamp of the peculiarity that marks them the Christian, then we have failed in our teaching, and they have failed in receptibility.

And yet one other thing remains concerning the hall mark: if the metal be unsound, it will rub off. Make that stamp upon a piece of wax, and it will not hold. Make that stamp upon an unstable character, and it will not hold. That is the chief reason why this institution sifts its class before it receives it, waits to know that these young women and these young men have a standard of right in their own souls before they are even accepted for training. In giving this class of nurses to the world, then, to-night, we give to the world that which we believe to be true, that which we think is sterling all the way through. We believe, too, that as these go on and on in their work for the good of the people, the stamp, instead of being dimmed, will grow brighter. We believe in all sincerity that while they work for the people they will strengthen their own souls and grow more and more like unto Him into whose perfect image they are progressing.

Open the door, then. Just a black band on a cap, just a letter of recommendation, just

the stamp of the institution to say we give to the world a trained nurse or a class of trained nurses, that shall work always "for the good of the people," knowing that to work for the physical good of the people is not enough; working for the education of the people, working for the moral uplift of the people, impressing, stamping in day by day the wonderful, everlasting principles of truth that this institution lives for, and to-night we open a door wide and let out into the wide world a company of Christian workers; and we do it in the name of this Christian institution, and in the name of the Lord God who is the head of this institution.

Perhaps I was not right in saying it is finished. The work of getting ready is finished. You are ready to begin work, counting only the lessons finished, and the work just begun. By and by there will come into your hand this feeble one, that feeble one, with the life just ready to go out except for the kindly thing you can do by the help of the Lord. But you will never forget that this patient entrusted to you should not go out from under your hand until you have followed the example set by this institution and put the stamp upon your patient, and the stamp must be deeper than just that of mannerism, just that of service; it should go through to the soul of your patient, and it should never wear out; for by and by when the reckoning day comes, the Master of us all will have a right to say, "What have you done with those to whom I sent you? Where are the souls I entrusted to your care?"

Begin your missionary work for the Lord Jesus Christ, and when the reckoning day comes by and by, and you meet your patients there, by the great white throne, then shall the little black band be changed to a crown of stars, and you for your labor shall receive at the Master's hand a crown of rejoicing for the sheaves you have brought home. The work of the nurse that just deals with the body is for the past time; and from this peculiar institution we are turning out this peculiar kind of a nurse who shall be a worker together with Jesus Christ for sick souls in a work that shall last through all eternity.

"Your motto is good. We believe you will live up to it. We commend you to the people, knowing that you will do them good; and as part of this institution we will take your hand and say, "Always we believe you will be loyal, first to your Master, then to your patient, then to yourself, then to your *alma mater*; we do not believe that you will fail if you remember that the stamp of the Master is upon you, and the power of the Master is yours."

Presentation of Diplomas

DR. J. H. KELLOGG: Forty-three years ago a small group of men dedicated a large part of their several fortunes to the good of the people and, placing their small funds together, purchased a two-story farmhouse which stood where this institution now stands, and began the work of the Battle Creek Sanitarium. Ten years later an educational work was begun. This work was

carried on for a number of years in a somewhat general way, and later, something more than twenty years ago, a training-school for nurses was established, and this school has gradually grown until it has come to be one of the largest schools of its kind in the world. And not only one of the largest schools, but a school that has the most thoroughgoing course of training which can be found anywhere.

The ordinary hospital training-school course embraces about one-half of the amount of the work required of the students in this school. The students who spend three years in the Battle Creek Sanitarium and Hospital Training School for Nurses are required to learn all that the student is required to learn in the ordinary hospital training-school, and in addition are required to learn how to do all the things which are done in this Sanitarium, which are not done in the ordinary hospital.

During this forty years there has been built up an extensive system which has come to be known as the Battle Creek Sanitarium system of physiologic therapeutics, in which the great forces of nature are employed in the curing of disease; in which new methods, which were unknown forty years ago to the world in general, but which are now coming into general recognition, are employed and made the main dependence; and these nurses are trained in the use of all these methods and remedies, in the use of all this system, so that they may go out and apply these same to the sick in other places. We realize constantly that all the six or seven thousand people who visit this institution each year, represent but a very small proportion of the vast number of invalids who contribute to the mortuary tables,—fifteen hundred thousand deaths every year, and not less than ten times as many people are sick all the time in the United States.

And we know from experience which has now come to be sufficiently extensive to give us reliable statistics, that a large part of those lives might be saved if these methods and principles could be brought to bear. An eminent French physician said, "Man does not die; he kills himself." In the majority of cases, those who die of typhoid fever need not have died. Probably ten times as many people die of typhoid fever as ought to die. Recent statistics in Germany have shown that a thousand people may be treated for typhoid fever, if the disease is taken early, without a single death; and that the mortality never ought to reach more than two or three in one hundred; yet the ordinary mortality is five or six times that, and often ten times that. But the application of the physiologic method to the treatment of this dreadful disease and others like it, infectious maladies, might save thousands and thousands of people who die every year,—enough to populate an enormous city. Probably a million people might be easily saved alive each year if nurses such as these you see before you to-night could be

(Continued on page 5)

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Six Months	-	-	-	.50
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VOL. II JUNE 11, 1909 No. 27

AN EDUCATIONAL CENTER

THE graduation season strikes the Battle Creek Sanitarium each year with considerable force, for instead of one school, there are at least three that are annually turning out their finished products upon the world. There is the American Medical Missionary College, a fully equipped and thoroughgoing medical school doing first-class work, giving its students four years of arduous study and training in the science of medicine and in the art of medical practice as well. This school has a portion of its work in Chicago where the students have extraordinary privileges in various hospitals and work in connection with a free dispensary. Here as nurses and assistants to physicians they obtain a practical knowledge in medical practice along with their education, so that when they are graduated as students they are also, to a degree unusual in other schools, experienced in caring for the sick. It is the policy of this school to admit only those who have dedicated their lives to missionary service either in this country or in a foreign field.

Then there is the Sanitarium and Hospital Training School for Nurses. This is perhaps the largest school of its kind in the world, and certainly gives to its pupils the most thorough education and practical training in caring for the sick of any school in the world. It is now twenty-five years since this school began its work, and it has developed and grown with the institution that fosters it. Two classes are admitted each year, which of course become somewhat reduced by different causes during the long three years' course of study. Great care is taken in admitting to this school only those who by Christian training have right ideas of life and its obligations. While the mission field is not the absolutely required object before the applicant, still there must be an expressed determination to dedicate the life and service to humanity for Christ's sake, and to hold up self-sacrificing work as the real motive rather than mere mercenary consideration. Hundreds of Christian nurses have been sent out of this school who are doing a grand work for sufferers in different parts of the wide world.

Beside the two already alluded to there is in operation the Battle Creek Sanitarium School of Health and Domestic Economics. This institution presents three courses: A short summer course of ten weeks; a year's course; and a two-year's course, the latter being especially

adapted for those who intend to become teachers of others. But as we describe this school more fully elsewhere, no more need be said here.

These schools by no means represent all the educational work done at and by the Sanitarium. There is a preparatory school in operation during the entire year for the benefit of the helpers of the institution. Here many of the young men and young women are preparing for the medical or nurses' course, or are gaining an education in literary lines. The recitation periods are adapted to the time and convenience of the students so as not to interfere with their work. A young man or young woman so disposed can pass successfully through the entire system of education with no other assistance than his own effort, and the road to the top is open to all comers.

Nor is this all by any means; for the work of the Sanitarium throughout is of an educational nature. It is the design of those directing this work to impart to all who come here all the information and skill in its principles that it can by any means impart. Lectures and lessons, drills and demonstrations, are constantly going on and all guests are urged to learn and carry away with them just as much of the Battle Creek Idea as they possible can. There are no secrets to withhold from our patrons. Every department is accessible to them and open to question and investigation by all who are interested. The institution is doing a great work in relieving suffering and healing the sick, but a far greater work in educating the people in the ways of health and happiness.

Domestic Science

BY RUTH C. TENNEY

Instructor Sanitarium Cooking School

CARBOHYDRATES

"THE carbohydrate is a food principle composed of carbon, hydrogen and oxygen, the latter two being in the proportion to form water."

Carbohydrates are in two forms, starch and sugar. Starch is carbohydrate stored up, while sugar is carbohydrate in circulation. To illustrate: When a plant stores up food in its seed we find it in the form of starch. Before this seed has grown into a plant the starch has been changed into sugar. In the body no raw starch can be used, but it must be changed to sugar before it enters the body circulation. If more starch or sugar is taken into the body than is necessary, it is stored up in the liver as starch. When the body needs this stored-up starch it is again converted into sugar.

The five stages of changing starch into sugar may all be effected by either growth, fermentation, or digestion. Cooking may effect three of those stages. The first form of the carbohydrate is raw or insoluble starch, the next two are dextrines, which may be reached by cookery. The fourth is levulose, and the fifth maltose.

Raw starch may be changed to soluble starch by boiling or baking; the third stage being attained by a second baking. The saliva can not act upon starch until it has at least been

changed to soluble starch. In zwieback, or twice-baked bread, we have an example of dextrinized starch, the third stage of starch digestion. To dextrinize bread thoroughly, it should be placed in a slow oven until crisp throughout. Rice may be browned before boiling, thus greatly increasing its value and digestibility. The body gains so much more nourishment from thoroughly cooked foods that dextrinized grains should at least appeal to us from the economic standpoint.

We must understand, though, that there is a great difference between cane sugar and maltose. Maltose is a food, easily digested and very nourishing. Carbohydrates as food form fuel in the body, and are combustible. They unite with oxygen to produce heat.

"Carbohydrates are the heat and strength producers in the body. The product of their combustion in the body are heat, water and carbon dioxide."

A sugar cell has no definite shape and is soluble in cold water. Each kind of starch has its individual shape. Potato starch resembles oyster shells, others resemble snowflakes or flowers. "Starch grains have two parts, an outside which is a delicate cellulose and an inside or granule which is composed of granules. When heat is applied the cellulose breaks, setting free the granule which takes up water or any liquid substance which may be near, forming a thick transparent mass. Water has little or no effect on the granule until the cellulose covering is broken. To prevent masses or lumps from forming, the particles must be separated or held apart by sufficient liquid so that the heat may be evenly distributed to all particles."

Rice is classed with carbohydrates, and is a most valuable strength producer. Notice that the dextrinized starch or browned rice is used in the following recipe. Also a cream sauce is used which illustrates the fact concerning the care which must be taken to distribute the starch granules evenly into the heated liquid.

Browned Rice Patties

Place the rice in shallow pans in a quick oven. When most of the grains are a golden brown remove and cool. Steam or boil until tender. With one quart of the steamed, browned rice mix a sauce made as follows: Boil two cups of strained, cooked tomatoes until but one cup remains. Season with salt, celery salt, and sage, thicken with one-fourth cup browned flour. When this reaches the boiling point, add one-eighth cup of butter. When the sauce is mixed with the rice add one beaten egg. Shape into patties. Place on an oiled tin. Brown in a quick oven. Serve with a cream sauce which is flavored with chopped parsley.

SANITARIUM GOLF LINKS

MEMBERS of the Sanitarium family who are lovers of golf will be glad to learn that the managers have secured excellent golf links in a convenient location. The field is at the end of the West Main Street car line and adjacent to the Country Club's premises. The grounds are very favorably located for this excellent sport, and are now ready for use. Tickets of admission to the links may be obtained by the guests of the institution, at the clerk's desk free of charge.

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NURSES' COMMENCEMENT

(Continued from page 3)

on the spot to care for these sick folks and to fight off the myriads of disease germs which are making inroads upon the constitution of the patient.

So we are very thankful, when we come each year to this occasion, with what we might call the harvest of our educational work, and are able to send out these new recruits to a considerable army of those who have already gone out. More than eight hundred have gone out from this institution, trained in these principles, a very small number, to be sure, scarcely one for a thousand of the people who are dying; but those who have gone out will certainly help to spread far and wide these principles. Many have been helpful in establishing other training-schools, so that at the present time there are not less than twenty-five or thirty training-schools which have grown out of this training-school, situated in different parts of the world, where the same principles and essentially the same methods are being taught that have been developed, or have been organized into systems here; so we hope that those who are going out from this place to-night, who are prepared to go out with the hall mark may do the same thing, that other centers may be started, from which the same light may shine out.

I am thankful that we are here to-night with a good-sized class of sixteen who have passed through the three years' course of severe and, I may say, strenuous training, in which the body has been taxed and trained as well as the mind and the heart and soul, for the arduous work which awaits them as they go out to minister by the bedside of the sick ones who shall come under their care.

I will read the names of this class who have passed their examinations successfully and have done the work required of them, which is required by law as well as by the rules of this institution.

I will ask the persons whose names I have read to rise to their feet that I may read in their hearing the missionary nurses' pledge. Away back in the ages, when old Dr. Hippocrates, the father of medicine, trained his students, he required each one, before they went out to engage in their work as physicians, to take a solemn oath, by which they were required to hold inviolate the confidence reposed in them, and to carry on their work in harmony with the highest ideals of the work of the physician, as then known. We have prepared, and each year present to our graduating nurses, a pledge which embodies the same principles and some of the same words employed by this ancient father of medicine. We call this the Missionary Nurses' Pledge.

"Realizing the serious nature of the duties and the grave character of the responsibilities of the professional nurse, and especially appreciating the solemn obligations of the Christian nurse, I hereby solemnly pledge myself, by the help of God, faithfully to perform the duties of my calling, sacredly to regard its obligations and responsibilities, conscientiously to teach and practice the principles taught me by my instructors, to keep inviolate the professional confidences which may be reposed in me by those under my care, and to labor earnestly and truly for the relief of human suffering and the amelioration of human woe, and especially for the moral and physical uplifting of those of my fellow-mortals who may be in need of my assistance, wherever duty may call me to go."

I will ask all of those who will take this pledge and will loyally live up to it to raise the hand. I see that all hands are raised. Now, in behalf of the board of trustees of this insti-

tution, and by the authority of the State which is conferred in the charter of the Michigan Sanitarium and Benevolent Association, I take pleasure in presenting these well-earned diplomats.

The benediction was then pronounced and the large and enthusiastic meeting closed.

Miss Youngberg's Essay—Successful Nursing

After three years of arduous life as nurses in training, three years of hard work and study, we stand before you to-night, the graduated class of 1909. Yet we realize that now comes the real test of our higher ambitions and nobility of purpose, now comes the time when we must prove to the world whether or not we possess the qualifications of the ideal nurse, which will make for a successful career.

Then the question comes to us, What constitutes successful nursing? How shall we begin our career that we may be successful? In the first place, let us remember that we must look upon nursing as a profession and not as a trade. Nursing as a trade is the means to the end, and the end is not worth having. But nursing as a profession is an end in itself, and will furnish all the necessities of a satisfactory and useful life.

Nursing may in point of time be called the first of the Christian professions, since it dates so far back, being really the outgrowth of the parable of the Good Samaritan; for it is not a matter of what we do, but the spirit in which it is done.

While we feel that our profession is a noble one; yet we know that our task will not always be an easy one. We shall meet with discouragements and difficulties; we may often be criticized, but we must care nothing for this so long as we are doing our duty.

Nursing means more than the merely mechanical duties that constitute the work of the nurse. It means more than the ability to count the pulse and take the temperature, to follow the doctor's orders, and make a record for him; it means more than the aptitude to dress a bed, keep the room in order, and apply the rules of ventilation. The nurse must recognize the position which she assumes in the life of her patient. She must enter into the life of that patient as one who ministers in love; she must bring sweetness into that life—the sweetness which flows from her own nature; she must bring cheerfulness into the sick room, with gentle looks, a kindly smile, and softly uttered words; she must adapt herself to the needs of her patient, and those needs will be something more than the medicine administered at the strike of the clock. She must give mental suggestion; she must give sympathy—true sympathy, which is a quality of the heart, and which manifests itself in the simplest of actions—a look, a smile, a little deed tending to the comfort of the patient, and which will carry more sympathy than a multitude of words; and these little manifestations of sympathy, in turn, reap a rich reward, which renders more easy the hard and bitter work which is often the portion of the nurse. Her little acts of sympathy win the love, gratitude and confidence of her patients, as the force of sympathy is never lost, no matter to whom it is given.

In addition to this quality of sympathy there are two others of which every nurse should make herself the mistress; these are, kindness and patience. Various forces have been tried in the conduct of people; severity and authority have been tried and found wanting, but kindness and patience have always been successful. The nurse who enters the sick room with kindness and patience, takes a long step on the road to success in her profession. Those who are under the ban of ill-health are not always mild tempered and amiable, they are easily dis-

couraged, and may be ill-tempered and unreasonable, but even as antidotes are given, so the nurse must employ kindness and patience in meeting the mental conditions of her patients. Sympathy, kindness and patience, the embodiment of the nurse's character, are built on the beautiful foundations of self-sacrifice.

The world may run after ease, comfort and convenience, but the faithful nurse is devoted to self-sacrifice. She lives not for herself, but for others; she forgets herself and does everything that contributes to the comfort of her patient. She must be ready to spend long, weary hours with that sick one having not always the most lovable disposition, and often spending the long hours of the night fighting natural fatigue; but her profession demands these things of her, and she has voluntarily entered this work; therefore, must be prepared and willing to make any sacrifices which her profession demands. The world will not ask of us, How much do you know? but, What can you do? Yet we must not underrate knowledge; but strive to broaden our intellect, and increase our knowledge day by day. We must appreciate the necessity of developing these at every opportunity, as knowledge, skill and character constitute the personality of the nurse, and a nurse must always direct her best efforts to cultivate personality, for in her personality lies her one chance of success. So let us, by every effort, help to raise the standard of the profession and maintain the dignity of our work. Let us be true representatives of this institution, a credit to ourselves, a credit to our training-school, and all those who have worked with us and for us; and may the spirit which dominated Florence Nightingale prompt us, not for gain alone, but for the sake of suffering humanity, and the good that we may do.

BATTLE CREEK CHAUTAUQUA

THE programs for the Battle Creek Chautauqua are now ready for distribution. The Assembly will be held on the same grounds as last year, adjoining the Sanitarium Villa at Lake Gogauac. The date includes July 23 and August 1. A glance over the schedule shows that the Committee have been very fortunate in securing talent of the highest class. The roster includes such names as Governor Robert Glenn, of North Carolina; Prof. S. C. Schmucker, Nature Teacher; Rev. John Wesley Hill, of the Metropolitan Temple of New York; Mr. L. B. Wickersham, Edward A. Ott, Henry A. Buchtel, of Colorado University; James E. Watson of Indiana, Rev. Tremayne Dunston, of Sydney, Australia; and a long and attractive list of musical companies and other entertainers.

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SCHOOL OF HEALTH AND HOUSEHOLD ECONOMICS

(Continued from page 1)

thought and investigation, and the housekeeper of to-day is recognized as the guardian of the health and morals of the inmates of the home, and is, therefore, the conservator of the welfare of our land.

Every department of housekeeping and home-making is brought into the various rules are applied in each case. This school possesses many advantages over ordinary institutions of its kind through its association with the Battle Creek

awaits those who go out qualified and prepared to give to the world that which it so sadly needs in the way of instruction in domestic economy and household affairs. And the public mind is being awakened upon this subject, so that any intelligent, capable woman who finishes a course in this school is assured of a welcome in any direction toward which her attention may be turned. Calls are constantly coming from different parts of our country for those who are qualified to act as teachers of the principles taught in this school.

There are three courses of study presented, as stated elsewhere in this paper: a short summer course of ten weeks, which embraces the following subjects: general cookery, serving,

Home nursing includes the general care of the sick, accidents and emergencies, infections, and a large number of practical treatments, and so on throughout the curriculum.

There is also a two year's course for lecturers and demonstrators; and there are many openings for such workers at Chautauquas, assemblies, schools of health and other inviting meetings.

Those who desire to obtain more specific information in regard to this most important and interesting school should address the Battle Creek Sanitarium School of Health and Household Economics, Battle Creek, Mich., and such information will be gladly furnished.

In view of the importance of this matter as related to the welfare of our homes, we feel that we can not too strongly urge upon young women the practicability of one of these courses of study.

THAT ALL-GONE FEELING

(Continued from page 1)

is so great that the individual can not respond to it. The temperature at which the cold bath should be taken will, of course, vary with the manner in which the bath is given and with the condition of the individual. The temperature and manner of giving in all cases except those in ordinary health should always be regulated by the physician. With a person in ordinary health the cold friction may be readily taken at 60° F. temperature and a cold shower bath 75° to 70° F.

(3) The length of time which the water is applied to the body. In order to obtain a tonic effect from cold water, the application must always be short—from a half minute to a minute for a shower bath or a full bath. Friction baths, cold towel rubs, and similar baths may be somewhat longer. The prolonged use of cold is depressing and is not a tonic. In order to obtain the tonic effect the application must be short, and it must produce a reaction rather than a depression.

(4) The extent of the surface of the body to which the water is applied. The larger the amount of surface to which the water is applied the greater is the impression made upon the body, and consequently the greater the tonic effect of the cold. This can be illustrated in any one if he will recall his experience when getting into a tub of water. If he immerses the body suddenly and all at once, the impression is a very severe one and the reaction is greater than if only a part of the body is immersed at a time.

(5) The part of the body to which the cold water is applied. Each organ in the body has its representation in the nerves supplied to the skin. Usually this representation is in the skin directly over the organ, but sometimes an organ may be represented in the skin in an area other than that directly over it, and so an organ like the liver or the kidneys may be more decidedly stimulated by applying the cold to that part of the skin which is in nervous connection with the organ beneath.

(6) The mechanical force that may be applied to the body in connection with the cold, such as the force from the impinging of the water against the body when taking a needle bath, or a spray douche, or a douche, or a wet towel rub, or cold friction. In all of these baths the mechanical effect of the water against the body or the friction from the mit or the towel tends to increase the reaction from the cold and adds to its effect.

What does the short, cold, tonic bath do to the body? It brings about the following changes in the different organs of the body:



A CLASS IN COOKERY



CLASS IN HEALTHFUL DRESS MAKING

Sanitarium and with the American Medical Missionary College, whose facilities for study and investigation afford the students a wide and attractive opportunity for investigation, for practical observation, and scientific research. In the laboratories of the Medical College are abundant opportunities for chemical and microscopic analyses of foods and practical experimentation. In connection with the dietary system of the Battle Creek Sanitarium the most interesting experimentation in dietetic investigation is constantly going on, and these laboratories are in close touch with the highest authorities upon these subjects to be found in our country.

There is an active demand for qualified housekeepers and home-makers to go out into the world as teachers. A wide field of usefulness

laundering, sanitation, home nursing, swimming, physical culture. A one year's course for matrons and housekeepers, especially designed for those who intend to act as matrons of institutions or even as private housekeepers, furnishes the student the following schedule of subjects: household chemistry, household microscopy, anatomy and physiology, sanitation, home nursing, cookery, serving, household economics, and architecture, household sewing, sanitary laundering, medical dietetics, theory, physical culture, sufficient time being given to each of these branches to make it of great practical value. For instance, the study in sanitation includes heating, lighting, ventilation, sewage and other important subjects. Cookery embraces general, invalid and institutional cookery and practice.

(1) It increases the force and lessens the rate of the heart beat.

(2) It increases blood pressure and stimulates the circulation of blood.

(3) When a reaction is obtained, as it should be always in a tonic effect, it produces an active hyperemia of the skin—more is brought to the skin.

(4) It increases the number of white cells and red cells in the blood.

(5) It increases the alkalinity of the blood. In many diseases such as fevers, rheumatism, diabetes and other constitutional diseases the alkalinity of the blood is reduced. In some cases it may even become slightly acid. A short, cold bath overcomes this condition in a remarkable way. The blood normally is slightly alkaline. Of course, it is desirable to maintain its normal alkalinity. There is nothing better than a short, cold bath for the purpose of accomplishing this.

(6) It increases the expansion of the chest and allows more air to enter the lungs. With this increased supply of air in the lungs more oxygen is also taken into the lungs.

(7) It increases the absorption of oxygen into the blood, so that after a cold bath more oxygen is taken into the body and absorbed into the tissues from the lungs.

(8) It increases the oxidation in the body. One of the important functions of the body is the manufacture of heat, and by this function the temperature of our bodies is maintained at a definite point in winter and summer. The normal temperature of the body is 98.6° F. This is the normal temperature in the winter when the air is cold and in the summer when the atmosphere is warm. In order to maintain this temperature in the body in the winter, more heat must be produced by the body, as more heat is being constantly given off. Cold air in the winter stimulates this heat-making function of the body, and the cold tonic bath also increases the heat production in the body. There are many people who suffer constantly with cold extremities, and very often they think this is due to poor circulation. Undoubtedly this is one of the causes of the feeling of coldness, particularly cold extremities, but in addition to the poor circulation many of these people whose warmth is reduced have lost the ability to a large extent to manufacture heat in the body. There is nothing better to increase this function in the body than the short, cold bath taken day after day and followed up for weeks and months.

(9) A cold bath also increases the elimination of heat from the body. When the temperature of the body is below the normal, the cold bath stimulates the heat production and tends to bring the temperature up to normal. When the temperature is above the normal, the cold bath eliminates the excess of heat and reduces the temperature toward the normal. In one case the heat production is greater than heat elimination and in the other case the heat elimination is greater than the heat production. Where heat elimination is desired, it is better that the cold bath be only slightly lower than the temperature of the body and not very cold. When it is desired to stimulate heat production, the cold may be greater.

(10) The cold bath also increases the circulation of blood through the lungs by increasing the expansion of the lungs. This is a very important thing in many individuals who may suffer from weak lungs on account of poor ventilation of the lungs and poor circulation of blood through the lungs.

(11) It increases the appetite, improves digestion, increases the secretion of gastric juice, particularly the amount of hydrochloric

acid in the gastric juice. There are a large number of individuals who suffer from what is usually called hypopepsia, or a deficiency of hydrochloric acid in the stomach. There is nothing better to stimulate the secretory glands of the stomach and increase the hydrochloric acid in the stomach than the short, tonic, cold bath.

(12) The peristaltic action of the stomach is increased, and strengthens the muscular coats of the stomach, aiding greatly in relieving pro-lapsus of the stomach and lack of muscular tone. This relaxed condition of the stomach is also found in many chronic conditions.

(13) The short cold bath increases the peristaltic action of the intestines; and is a very excellent adjunct in relieving constipation. It also increases the intestinal secretions and aids in intestinal digestion.

(14) It increases the secretion of bile in the liver and nothing is better for a torpid liver than a short, cold application of cold water over the liver, or better, the alternate application of heat and cold directly over the liver given in the form of a spray douche.

(15) It increases the activity of the kidneys, thus increasing the amount of urine secreted as well as the amount of solids in the urine.

show that when muscle activity is kept up to the point of complete exhaustion the muscles can be made to contract by a dash of cold water on the body or a shower bath or some other short application of cold water to the body.

All of the above statements are based, not upon theory, but upon careful observation in the thousands of experiments that have been made in the laboratories of the Battle Creek Sanitarium and in the universities of Germany, Austria and other countries. It will be seen from the above statements that the short, cold bath increases the function of every organ in the body, and this increase of function is the result of a normal, natural stimulation of the body. It is simply an effort of one of the forces of nature upon the body, producing a strong stimulation in a normal, physiological manner, and as a result of this all the activities of the body are greatly increased. It does not leave behind it any bad effects, as many drugs do. It is the manner of drugs to first stimulate and then depress, but this is not the case with the application of cold water. There is no remedy with which the writer is acquainted that is so good a tonic as a short, cold bath, and therefore as indicated in the heading of this



A CLASS IN DOMESTIC CHEMISTRY

(16) The cold bath increases the normal muscle tone. There is nothing better for toning up the muscles than the short, cold bath. The muscles in individuals in poor health, are apt to be weak, relaxed, flabby and the normal muscle tone greatly reduced. This can be wonderfully increased by a short cold bath. This fact can be proved by any one if he feels of his muscles before going into the bath and on coming out. The difference is very perceptible to the observation of any layman.

(17) The short cold tonic bath increases the normal irritability of the nerves, and this is desirable; but when the cold bath is prolonged, the normal irritability of the nerve is reduced. This is illustrated by the effect of cold upon the hands and fingers when one exposes his hands to the cold out-doors in the winter; the hands get cold, the fingers become cold and stiff. This is because the prolonged application of cold lessens the normal nerve tone, and of course also diminishes the circulation of blood in the part.

(18) The short, cold bath is a wonderfully efficient remedy in overcoming fatigue. Experiments that have been made in the laboratories

article, it is entitled to the distinction of the best tonic known to man.

In order to obtain the best results from the application of cold water to the body, much knowledge and experience is needed. While the remedy is a simple one, in order to use it to the best advantage the physician must know thoroughly the condition of his patient and be acquainted with the physiologic action of the treatment in every detail: and further than this, in order to get the best results, it should be administered by those who have been trained and are skilled in its various manners of application. It may be used in the home, however, by people of ordinary intelligence, with very good results, but its best results are always obtained when used under the direction of a skilled physician, and applied by a person who is trained in its various manners of application.

In the winter months when the temperature of the air is cold, it is always best to take a warm bath before taking a cold bath. The cold bath should be taken in a room that is warm, not in a cold room. It is a very excellent practice to take a cold bath every morn-

ing on arising. It gives an uplift and a tonic effect to the body which may be felt all through the day. A cold, wet towel rub or cold sponge bath taken in the morning on arising acts as a wonderful tonic to the body, increases the function of all the organs of the body, prevents one from taking cold, and does good in a great many ways. It should never be taken when the body is cold or when one is tired or exhausted, and it is best not to take it immediately after meals. In the summer-time the cold bath may be taken without being preceded by the warm bath, as the body is already warm, very often too warm, and the cold bath is often refreshing by reducing the temperature of the body.

The farmer who may be working out in his fields day after day in the summer months, or the man who works in the shop, or the working man, no matter what his work may be, will find it a wonderful help if he will take a cold bath in the morning on rising, another in the middle of the day, and another at night. This will be time well spent, and will give valuable results in toning up the body and giving capacity and efficiency for carrying on the work of the day through the hot weather. The business man may take a cold bath once or twice or even three times a day during the hot summer months with very gratifying effects, and he will find a great aid in doing his work if he will follow this practice day after day. There are a long list of diseases both acute and chronic in which the short, cold bath can be used with beneficial results, but we have not time or space to discuss these in this connection.

"Yes," said Mrs. Lapsing, "my husband is much better now. For a day or two, though, he was threatened with tuberculosis of the lungs."

QUESTION BOX DEPARTMENT

EACH Monday evening Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics. Questions must not be sent to the BATTLE CREEK IDEA.

Q. Can you mention one article of food which a man can eat, and in that one article have the correct or nearly correct proportion of proteins, fats, and carbohydrates; or can you mention several such articles? I have thought probably some perfectly combined article of food must have been created ideal for man's use without any mixing or proportioning by man being necessary.

A. I do not know of a single thing except bread and butter which really contains the different proportions of food elements in about the right proportion. In bread alone we have proteid and carbohydrate, but we haven't fats; but if we add butter to the bread, in bread and butter we have the whole thing; but there is this objection to bread and butter,—it is a cooked food; and we must eat something raw every day. A diet of fruit and nuts as God made them for us, is the best possible thing for a man to eat if he wants to live long in the earth and to live well.

Q. If you were taking a hot water or cabinet bath, would you finish such a bath by cold application if you were going to bed immediately?

A. Not a very cold application, but a cool

application, about 80 degrees. If you are going straight to bed after taking a hot bath, lower the temperature to about 88 or 89 degrees, rubbing the body so as not to get the least bit chilled, but to extract from the skin the extra heat that has been communicated to it by the hot bath to avoid the chill from evaporation. Prolonged cool is better than a sharp, short, very cold application, if you are going straight to bed; but when you get up in the morning, you can have a hot bath followed by a cold bath and exercise afterwards.

Q. Please tell what you would do for a woman who has had asthma for years and has it every day.

A. I should tell her she has autointoxication, probably. I met a case a day or two ago of a lady who came here with asthma so bad she could scarcely live, in fact. She was nearly worn out with it night and day. Though she had suffered from it for months, the asthma practically disappeared by the simple application of the Battle Creek Sanitarium diet.

Q. What are the first symptoms of Bright's disease?

A. The first symptom is high blood-pressure. If you have a blood-pressure of 140, you may be pretty sure there is something the matter with your kidneys. If they are not already diseased and in the condition known as Bright's disease, they are getting old, getting ready for that condition.

St. Paul Minn. and return \$16.95 via the Grand Trunk Railway System. On sale July 5, 6 and 7. Return limit July 31.

Please ask the Grand Trunk ticket agent regarding special round trip rates to Milwaukee, Wis., June 18, 19 and 20.

BATTLE CREEK SANITARIUM SCHOOL OF PHYSICAL EDUCATION

Special Summer Course of Ten Weeks, from June 30th to September 10th, 1909

The Board of Directors of the Battle Creek Sanitarium have organized this school in order to crystalize the work in Scientific Massage, Swedish Gymnastics, Manual Movements, and general educational work along the lines of right living. This work has been carried on continuously for more than thirty years in connection with the gymnasium, lecture and class work for the patients, nurses, students, and general help of the Battle Creek Sanitarium. The summer course will be especially adapted to the convenience of teachers, university students, and others desiring a change of vocation and rest, while at the same time earning their expenses and pursuing a profitable course of study.

The following subjects will be given: ANATOMY, HISTOLOGY, PHYSIOLOGY and HYGIENE, HYDROTHERAPY, MASSAGE, FIRST AID and EMERGENCY NURSING, DIETETICS, PHYSICAL DIAGNOSIS and ANTHROPOMETRY, GYMNASIAC NOMENCLATURE and TACTICS, GENERAL GYMNASIACS and MARCHING, MAT WORK and TUMBLING, APPARATUS WORK, WRESTLING and FENCING, CORRECTIVE EXERCISES and MANUAL SWEDISH MOVEMENTS, and ATHLETICS and FIELD WORK.

The tuition for the ten weeks' course is \$20.00. By working from three to six hours a day, each student will be able to pay practically all of his running expenses. An opportunity for such work will be offered in the various departments of the Sanitarium.

Any who are interested will be sent illustrated announcement with further details on request. Address,

The Battle Creek Sanitarium School of Physical Education
BATTLE CREEK, - - - MICHIGAN

SHE HATH SUCCORED MANY

Woman As a Help to Humanity—Much Depends upon Her Conception of a Home

THE WORLD'S HOMEMAKER

AN abstract of Dr. Geisel's baccalaureate discourse before the graduating class of the Battle Creek Sanitarium School of Health and Household Economics, in the Sanitarium chapel, June 6, 1909. Text, Romans 16:1-3, 20.

"I commend unto you Phebe, our sister, which is a servant of the church which is at Conchrea: That ye receive her in the Lord, as becometh saints, and that ye assist her in whatsoever business she hath need of you; for she hath been a succor of many, and of myself also. Greet Priscilla and Aquila, my helpers in Christ Jesus. And the God of peace shall bruise Satan under your feet shortly. The grace of our Lord Jesus Christ be with you. Amen."

Some of you who have lived a long time are ready to say that you never saw a spring-time more beautiful than that which greets our eyes to-day. The world is wonderfully glorious in its new dressing of green and glowing flowers, and we are ready to exclaim to the old world, Although you are marred and scarred by sin and disaster you are most beautifully dressed to-day. And we are ready to adopt the language of the old poet, that amidst this scene of beauty, "only man is vile." "God made man upright, but he has sought out many inventions." He has departed in diverse ways far from God's plan and will, and has thus brought upon himself much of suffering and loss. It can not be the pleasure of Him who hath made us that we should live in the midst of such scenes of distraction and demoralization. He is a God of love. He would have us live on a higher plane, above the pain and suffering and weakness in which we find ourselves involved.

Institutions of learning and philanthropy are doing their part in the elevation of the human race mentally and physically, yet there never was a time when there was more wretchedness in the land than at the present. We have but to listen to the voices around us and we shall hear the evidence of sorrow, the cry of distress and pain. They come from the homes of the poor and from the depths of slumdom, and we are led to inquire what is the matter. How happens it that in the midst of such enlightenment and such privileges there should be so much woe and distress. This is a time when we need to look to Him for wisdom, who has promised that "If any man lack wisdom, let him ask of God, . . . and it shall be given him." There is a way out of the dilemma, only one way, and that way is Jesus Christ. But the great question before us is, How shall we bring people in touch with Jesus Christ? How shall we get those who need Him into closer contact with His love and sympathy? As agents to accomplish this great work, I, in the words of the text, commend unto you these home-makers who would introduce science as well as civilization into the homes of the poor as well as of the rich.

There comes before my mind the vision of the DeaPlaines Street Sunday School in Chicago, where sixty or more of homeless, unkempt urchins are gathered together. Ask one of those boys where he lives, and he will tell you,

"Oh, anywhere." Ask him if he has no home, and with wide open eyes he will say, "Home; what is home?" It is a new word to him. He never has known its meaning, never has experienced its love. If ever he shall know the warmth and love of home-life, it must be through the ministration of such as these, those of whom it has been said, "She hath been a succor of many."

The word "succor" means to lift up to a place of safety. And such is the work of mercy to which these are called. The world needs home-makers. There are fathers and mothers, plenty of them, who in domestic science and the art of home-making know not their right hand from their left. They have no conception of what a home is like or what it should be.

The infantile world needs science in the home. Out of every hundred babies born into the world, fifty die before they reach the age of five years. Science in the home will save the babies. They are lost for want of knowledge more than from lack of love. Helen Keller's eyes saw, and her ears heard, until she was eighteen months old. And what she saw and heard with baby eyes and ears made indelible impressions upon her soul. Cholera infantum came very near snatching the little one away from its mother's arms; but at last the doctor said to the agonized mother, "Your child will live." And then he checked her outcry of joy by a raised hand as he said sadly, "But she will never hear and never see again." Her imprisoned soul struggled for an opening to liberty, and at last it came in a marvelous way through the thick walls that shut it in, walls that had been thrown up by want of knowledge.

But sons and daughters as well as babies

are lost. A father makes the old farm groan that it may produce some extra dollars to send his boy to college. He goes out from the paternal roof and comes back, not a manly youth, but a degenerate victim of tobacco and intemperance and vice. And the old father and mother groan out their regrets that he had not died in his innocence.

There are lessons of temperance and chastity to be taught in our homes. Springs of evil are hidden in our houses. This institution is giving to the world a priceless treasure in those it is sending out year after year to be succorers of many in the homes of the land. Science in the home guided by the grace of Jesus Christ will accomplish wonders for our people and our land. When our homes are equipped with godly, intelligent mothers, the questions of public morals will be settled. There will then be no danger from the saloon, for there will be no demand for it.

Godly, discreet, wise homemaking lies at the foundation of national progress and universal happiness. The great men and women of all ages have come from cultured and well-ordered homes.

It is not the knowledge how to make tempting dishes that the world needs to-day, nor to be taught the art of garnishing the house with ornamentation. It needs to be taught how to establish the home in righteousness, love, and peace.

TO LIVE IN BATTLE CREEK Special Good Properties For Sale

Any one reading this advertisement having the money to invest, and wishing income property or property to hold for future raise in value can learn of some of the best in Battle Creek by addressing C. TRYON, 235 West Main Street, Battle Creek, Mich

A GOOD JOB DONE

On American or Swiss watches. Jewelry of all kinds neatly and promptly repaired in our shop. Fine line of Jewelry, Watches and Diamonds.

Maurer Brothers

Jewelers, Watchmakers, Engravers,

85 WEST MAIN STREET

If You Are Sick Sleep in a Tent and Get Well

This is the Battle Creek Idea and it is getting to be the idea of the civilized people more and more every year. While we are not registered Physicians

We Provide Cures

and keep the people in a healthier condition, than barrels of medicine can do. Get the habit, for it is

FREE

if you are once provided with one of our

FAMILY TENTS

which we make in several styles and any size wanted.

Write or Phone to us and give us a chance to HELP YOU OUT.

BATTLE CREEK TENT AND AWNING WORKS
115 Upton Avenue - Bell Phone 1437-J - 30 Spring Street

Phebe was commended by the apostle because she was a servant of the church. The church is the body of Christ, his people, his children scattered here and there. The church was asked to assist her in whatever business she might require. The business of the home is rearing citizens for the kingdom of God. In this business the church is taking some interest at the present time. The hosts of temperance are at work clearing out the saloon for the business of the home. Congress has helped the home with pure food laws; and now there is a good prospect that the home-makers will have placed in their hands that little slip of paper called "the ballot." All these things help the succor of many in her business.

And thus shall it be brought about that "the God of peace shall bruise Satan under your feet shortly." The uplifting of the people means the advancement of Christ's kingdom, and as he is exalted, the powers of darkness are brought low.



MR. CHAS. A. MITCHELL of Oklahoma, whose picture accompanies this sketch, is stopping at the Sanitarium once more, having been here on different occasion since 1873, when as a lad he was here with his mother, who was a patient. His young manhood was spent in the Ozark mountains where he resided for twenty-eight years. Three years ago he founded an industrial farm and school in Oklahoma, which was named the Stella Purity Association. Mr. Mitchell is deeply interested in the movement for social purity, and inculcates these principles wherever he goes. The academy in connection with the farm is instrumental in teaching its pupils the truths relative to purity and temperance.

At the time of his first visit to the Sanitarium the present superintendent was just taking up the work, and the Sanitarium system was being inaugurated. Mr. Mitchell says he well remembers the lectures by Dr. Kellogg to his patients at that time, especially the microscopic demonstrations, and their influence has followed him all these years, so that he has ever been an admirer of the Battle Creek Idea. He came here three weeks ago in an anemic, run-down condition, and has experienced a very marked change which clearly manifests itself in his countenance and demeanor. He is rapidly recovering his normal strength and health. More than ever he now expects to adopt and teach the principles he learns here. He is largely employed in lecturing on social purity and kindred topics.

The one debt that a man generally tries to pay is a grudge.

THE SANITARIUM DISPENSARY

THE Battle Creek Sanitarium supports a dispensary for the benefit of indigent and unfortunate people of the city. One or two physicians and two nurses give nearly their entire time to this ministry. The nurses go here and there at the call of need, and like Job, in many cases, "the cause they knew not they searched out." Hearing of any case of distress, they are soon on hand to help.

During the month of May the following items represent partially the work done:

Consultations	295
Examinations	88
Office treatments and surgical dressings	109
Doctor's calls	42
Nurse's calls	267
Bath treatments	570
Treatments at home	49
Phototherapy	116
Swedish mechanical	14
Massage	38
Garments received	177
Garments distributed	161
Persons assisted by clothing	68
Food orders	17
Families assisted by food	18
Patients enrolled	116
Number of families on outside visiting list	253
Families visited	225
Visits discontinued	72

For the week ending June 6, the following items are handed in:

Patients enrolled	41
Consultations	70
Examinations	5
Office treatments and surgical dressings	14
Operations	1
Doctor's calls	3
Nurse's calls	48
Bath treatments	119
Treatments at home	7
Phototherapy	12
Massage	8
Garments received	10
Garments distributed	3
Persons assisted by clothing	2
Food orders	3
Families assisted by food	3

PERSONALS

George B. Grant, of Pasadena, Calif., is a new arrival.

Mrs. Wanamaker, of Akron, O., is a newly arrived patient.

C. D. Warner, Coldwater, Mich., has returned for rest and treatment.

W. P. Tuttle, N. Dak., has returned for further rest and treatment.

Mrs. Fred W. Gage, city, has entered the Sanitarium for treatment.

Geo. M. Dixon, Houston, Texas, has come north for rest and recuperation.

Dr. B. W. Lewis, New York, N. Y., Presbyterian minister, is sojourning at the Sanitarium.

Mrs. H. V. Dusenbury, New York, has arrived at the institution for a course of treatment.

Mr. H. E. Schaff, of Chicago, Ill., son of the vice-president of the Michigan Central lines, is here for treatment.

Dr. and Mrs. H. A. Ditmore, of Manchester, Ia., arrived this week. Mrs. Ditmore will remain for treatment.

Mrs. C. A. Comiskey, of Chicago, whose husband is owner of the White Sox base ball team, is a guest and patient at the Sanitarium.

Miss Eva Evans, one of our esteemed nurses, who has been assisting Dr. Nicola in the Attleboro (Mass.) Sanitarium, has returned to this institution.

Chaplain L. McCoy and wife who have been spending a few weeks visiting friends and relatives in Iowa, have returned and he has resumed his duties.

Frances Killan is a recently arrived visitor from the South. Miss Killan took the nurses' course here and graduated in the class of 1904. She has spent the past five years in Georgia.

S. S. McClure, owner and publisher of McClure's Magazine, has been stopping at the Sanitarium for sometime and has recently departed for a temporary trip in the West.

A PROFITABLE SUMMER VACATION

Why not plan to spend your summer's vacation at the Battle Creek Sanitarium taking a course in Domestic Science with health as the dominant idea

A short summer course of five weeks will be given, beginning June 21, 1909, consisting of classes in Cookery, Table Setting and Service, Care and Laundering of Linen, Wearing Apparel, etc., Physical Culture including gymnasium drills, swimming and other exercises intended for the physical development of the student, Sanitation and the Home Care of the Sick.

Students are also expected to take advantage of the lectures in the parlor and gymnasium bearing upon kindred topics. For further particulars, write to

THE BATTLE CREEK SANITARIUM SCHOOL OF HEALTH AND HOUSEHOLD ECONOMICS

CHIROPODY IT PAYS TO HAVE AN EXPERT CHIROPODIST ATTEND TO YOUR FEET

Great injury is often done by inexperienced persons working as chiropodists and too much care cannot be taken to employ an expert. Our chiropodist is well qualified to attend to corns, bunions and all diseases of the feet.

We Guarantee to Cure Bunions or Refund Your Money

SCIENTIFIC FACE MASSAGE, INSTANTANEOUS SKIN BLEACHING, ELECTRICAL SCALP TREATMENT, HAIR DRESSING, SHAMPOOING. PIMPLES CURED AND MANICURING.

Mrs. Geo. A. Hulscher, QUAKER BEAUTY PARLORS

ROOM 204, WARD BUILDING, - Bell Phone 389-R - BATTLE CREEK, MICH.

Craven Brothers - Jewelers

(Successors to H. J. Sevy)

We carry everything in Up-to-Date Jewelry and Novelties
Repairing of All Kinds Neatly and Promptly Done

217 MAIN STREET WEST, - Opposite McCamly Park

Miss Carrie M. Woolsey, one of the recently graduated class of nurses, has gone to her home in Kansas. Miss Woolsey was a general favorite and will be missed by us all. She may return later.

George P. Hughes, Gulfport, Miss., has returned to visit his wife, who is a patient here.

Thomas E. Tregemba, secretary of the Glen Lumber Co., Kansas City, Mo., is here for treatment.

Miss Edna Robinson, filing clerk for the Sanitarium during the past two years, has resigned her position. Miss Robinson will leave within a few days for Canada where she will take a much-needed rest. Miss Mabel Loomis has taken up the work in the filing department.

News Notes

One of the Fraternity classes of Albion College, accompanied by their friends to the number of fifteen couples, took dinner at the Sanitarium on Monday evening, June 7.

We notice that the Principal of the Sanitarium Preparatory School, Prof. E. D. Kirby, has started a class in ancient Greek. It is now some years since this study has been prosecuted in connection with our school.

Dr. J. H. Kellogg, Dr. Chas. E. Stewart, Dr. B. N. Colver, Dr. Louie Vandervoort, Miss Lenna F. Cooper, and Miss Carrie Zahn are in Atlantic City attending the annual meeting of the American Medical Association.

Elder O. A. Johnson, Bible Instructor in Walla Walla College, was a welcome caller at the Sanitarium the first of the week. He is an old friend of the institution and was journeying homeward from the General Conference in Washington.

Wedding cards have been received notifying us of the marriage of Miss Ada M. Learned, a Sanitarium nurse held in high esteem, to Mr. Leslie E. Leavitt. The marriage took place at Mountain View, Calif., where Miss Learned has been living for some months.

Dr. J. H. Byington and wife, who have been touring in the Old World and taking some studies in connection with their professional work, and Dr. W. F. Martin and family, who have been spending the winter in Porto Rico, are all expected home this week. A cordial welcome awaits them.

At the last Sabbath service, a gentleman's quartette under the leadership of Mr. O. C. Edwards rendered some beautiful Christian songs. Mr. Edwards is president of the Sanitarium Male Chorus, which participated in the graduation exercises, affording much pleasure to their listeners.

Misses Elsie and Lillie Stock were obliged to suspend their studies in the nurses' course about three months since, on account of the illness of their sister in Canada. We are glad to have these young ladies back with us once more, and they report that their sister is now well on

the road to recovery, due to the excellent care they were able to give her.

Mrs. M. S. Foy, superintendent of the Nurses' Training School, and Miss Charlotte Dancy, assistant superintendent, left for the annual meeting of the National Nurses' Association in Minneapolis, which convened on the seventh instant. Miss Dancy will present a paper to the Association on Caring for Surgical Cases after Operation without Drugs.

Mr. Cyrus Jamieson and wife, from Oklahoma, are among the recent accession to our family of workers and students. Mr. Jamieson took some months' study in the nurses' course three years ago, since which time he has studied medicine, and they now return to resume work in the Sanitarium, Mr. Jamieson expecting to finish the medical course.

Mr. Paul Bowen of North Dakota, was in attendance upon the nurses' commencement exercises, his wife, Mrs. Marietta Ripley Bowen, being one of the graduating class. Mr. Bowen was formerly a student in the medical college, and has been engaged in teaching in North Dakota for the past two years. They expect to remain with us during the summer.

The graduation service of the School of Health and Domestic Economics will take place in the chapel on Monday evening, June 14, at eight o'clock. The address will be given by Miss Maude Gilchrist, dean of the woman's department of the State Agricultural College. Dr. J. H. Kellogg will preside. Appropriate music will be rendered by the Sanitarium orchestra. All friends of the School are invited to attend this meeting.

A company of workers go from the Sanitarium to the County Jail in Marshall each Sabbath for the purpose of holding religious services with the inmates. Their congregations up to within a few weeks have averaged from thirty to forty individuals. On their last visit they reported an attendance of about five, and the prospect is that this number will be reduced one week later. This is a very practical comment on the effect of prohibition which has been in vogue in this county only since the first of May. At the present rate it appears that our workers shall soon be out of a job in that direction.

On Sabbath last, Mr. Mitchell addressed the Sanitarium family on the lawn on the subject of contentment, giving a very effectual and touching address on that theme. He spoke of the unprofitableness of worry and misgivings and looking on the dark side of life, and gave many instances showing how the grace of God can sustain people under the most trying circumstances and even fill their hearts with joy and gladness. All who were in attendance felt comforted and strengthened.

Graduation exercises of the American Medical Missionary College will be introduced by the baccalaureate sermon delivered by Rev. Ellsworth G. Lancaster, president of Olivet College, in the chapel at eleven o'clock, Sabbath, June 12. The Commencement exercises will be held on Tuesday evening following, the principal address to be given by Dr. H. R. L. Worrall, for fifteen years in active service in Arabian missions. The meeting will be presided over by the president of the College, Dr. J. H. Kellogg, who will present the diplomas. A cordial invitation is extended to all to be present. The music will be directed by Mr. Wm. Drever.

ARRIVALS

THE following is the list of arrivals at the Battle Creek Sanitarium for the week ending June 7: R. F. Whitmore, Pa.; Mrs. Hattie G. Copeman, Mich.; Mrs. A. S. Benjamin, Mich.; Mrs. Fred W. Gage, City; Mrs. Julia R. Parrish, Mich.; Mrs. Anne B. McCarthy, Mich.; Mrs. L. P. Field, Mich.; Mrs. Jennie Voorhies, Mich.; Mrs. Annie L. Andrus, Mich.; Mrs. Jennie Harrington, Mich.; Mrs. Bertha Bush, Mich.; T. O. Breawald, Ga.; Ella Davison, Ill.; Mrs. Anna Hopkins, Mich.; Mrs. Dora Bliss, Mich.; Mrs. P. J. Howard, Mich.; Geo. W. Morrell and wife, Texas; Stella B. Roben, Mich.; Thos. S. Stephens and wife, Mich.; Mrs. E. A. Lee, Mich.; Mrs. D. Warner, Mich.; Mrs. K. D. Davis, Mich.; Mrs. F. E. Preston, Mich.; Mrs. Mattie M. French, Mich.; Mrs. C. P. Blinn, Mich.; Mrs. E. L. Calkins, City; Mrs. C. G. Morse, Mich.; J. F. Shingles, Ind.; Philip Krug, O.; Ada E. Hess, O.; Gavin Ritchie, Jr., City;

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Cassopolis and return, 1.00

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Mrs. H. E. Spilman and daughter Ky.; Mary A. Gilbert, Mich.; Carlita A. Osborne, Mich.; Dorothea Kellman, Mo.; Maggie J. Walz, Mich.; J. R. Southerland, W. Va.; L. F. and John M. Southerland, W. Va.; Mrs. C. D. Schermerkom, Pa.; Mrs. Caroline B. Humphrey, Mich.; C. F. Fowles, Ia.; Mrs. Maud Pollard, Ill.; Mr. H. M. Sherwood, Ill.; Caroline Smith, Ill.; Mary M. Harris, Mich.; Mrs. James H. Anderson, O.; Mrs. J. T. McIntyre, Mich.; Mrs. S. W. Bird, Mich.; Mrs. John C. Sharp, Mich.; Mrs. P. G. Plummer, Mich.; Mrs. N. B. Allen, Mich.; Mrs. C. E. Kuel, Mich.; Mary E. Butler, Mich.; Mrs. S. M. Boureman, Mich.; Mrs. F. E. Sunderland, Mich.; Mrs. A. L. Klumph, Mich.; Mrs. C. G. Johnson, Mich.; Mary S. Needham, Mich.; Mrs. F. B. Stevens, Mich.; Mrs. Lydia C. Moon, Mich.; Mrs. I. W. Sloan, Mich.; Mrs. Elsie Wentworth, Mich.; Mrs. Belle Maier, Mich.; Mrs. L. Peterson, Mich.; Mrs. C. C. Reeves, Mich.; Mrs. A. W. Shameron, Mich.; Mrs. A. H. Saus, Mich.; Mrs. John Holmes, Mich.; L. M. McKoon, N. Y.; Mrs. Clara C. Kennedy, Mich.; Mrs. M. J. Leggett, Mich.; Catherine M. Dunham, Mich.; Mecca Marie Varine, Mich.; Mrs. H. M. Barber, Mich.; Mrs. Josie Ranson, Mich.; Mrs. Ben McCutcheon and son, Ill.; Thos. S. Stephens, Mich.; Mrs. J. H. Rettan and daughter, Ill.; Miss M. P. Woolbridge, O.; Mrs. Franklin Ackerman, Mich.; Mrs. Louise Depner, Mich.; Mrs. Ella A. Downer, Mich.; Miss N. Naylor, Mich.; Mr. and Mrs. C. M. Cohoon, Mich.; Mrs. T. Van Delinder, Mich.; Mrs. Tony Cameron, Mich.; Mrs. B. F. Schumacher, Mich.; Miss Anna Taylor, Mich.; Miss Emma Paxin, Ia.; Dr. and Mrs. H. A. Bittner, Ia.; Fred W. Schuarte, Mo.; Carl G. Petry and Grace B. Petry, Ill.; Mrs. H. P. Shaw, Ill.; Mrs. Ella Stewart, Mo.; R. N. Buchanan, Ind.; Mrs. P. B. Roberts, Ind.; Mrs. R. L. Catlet and child, Ill.; Mr. and Mrs. Jacob Wellaner, Wis.; Geo. B. Grant, Cal.; Chas. Newman, Ala.; John M. Car-

sey, wife and child, Texas; D. A. McDonald, Mich.; W. F. Lloyd, W. Va.; Wm. Northward, Mich.; Mrs. B. B. Connor, Ky.; Mrs. Mary A. Dawson, Ky.; Mrs. H. F. Dusenbury, N. Y.; Anna Obeneigner, Ia.; Barbara Lvoldsa, Ia.; Mrs. Stella M. Wood, Mich.; Mrs. Floy McDermott, Mich.; Mrs. J. Cromley, Mich.; Mrs. M. Feustermacher, Mich.; D. L. Van Auker, Mich.; S. S. McClure, N. Y.; Geo. M. Dickson, Texas; Mrs. Anna Walter, Mich.; Mrs. R. M. Wana-maker, O.; Mrs. W. Carleton, Mich.; Mrs. G. W. Clark, Mich.; Floyd Chamberlain, Minn.; Maria Suhr, Ill.; Ella G. Heigesheimer, Pa.; John P. Rowe and wife, Ind.; Mrs. R. U. Buchanan, Ind.; F. W. McNulty, Can.; H. H. Valentine, N. Y.; J. H. Brown, Mich.; Miss Regina Bryson, Mich.; H. R. Martin, Mich.; Mrs. F. W. Chase, Mich.; Mrs. Jas. Goldman, Texas; Hyman Levy, Texas; Mabel Robinson, Clara Robinson, Ill.; W. P. Tuttle, N. D.; Philip Johnson, Ind.; Mrs. Samuel McCall, Ky.; Edw. Martin, O.; Miss Florence Kuhn, W. Va.; H. H. Ketcham, Ind.; Mrs. G. T. Thayer, W. Va.; E. E. Horner, Mich.; Harry S. Chapman, O.; Mrs. Chas. Hoyt, O.; W. H. Taylor, Ill.; Mrs. Thos. Casey, Tenn.; Mrs. John F. Dickenson, Tenn.; Miss N. Casey, Tenn.; Miss Marie Clark, Tenn.; Mrs. E. T. Reed, Mich.; John Baldwin, O.; W. F. Childs, Mass.; Geo. P. Hewes, Miss.; J. C. Wall, Minn.; A. J. Howe, O.; F. G. Widmer and wife, City; W. B. Roberts, O.; Ella C. Abbott, Mass.; R. T. Webb, O.; C. L. Roberts, Ind.; D. W. Lewis, N. Y.; Edw. W. Keisker, Ill.; F. W. Rogers, Wis.; Dr. J. W. Connaway and wife, Mo.; Geo. F. Anderson, Ind.; H. B. Wintersmith and wife, Ky.; J. M. Wintersmith, wife and child, Ky.; A. S. Hills, Mass.; J. M. Bostetter and wife, N. Dak.; J. P. Frank, Ind.; H. H. Shriner, Mich.; Mrs. George I. Abbay, Miss.; Wm. G. Abbay, Miss.; Ben Emwrich, Miss.; Chas. Rowan, Miss.; G. W. I. George, Mich.; Mrs. J. W. Guthrie, City; G. W. Gran-

din, O.; Mrs. B. L. Van Aken, Mich.; Sade Gretenberger, O.; Hopple S. Mott, N. Y.; John W. Russell, Texas; Mrs. C. A. Comiskey, Ill.; Louis Comiskey, Ill.; Dr. Freeman, Mich.; H. M. Hauley, Mich.; Mrs. J. B. Mobley and daughter, Texas; Mrs. Willie Winn, Texas; W. D. Crump and wife, Texas; H. E. Schoff, Ill.; E. J. Venture, Mo.; Chas Stogman, Ind.; Emma Lewis, O.

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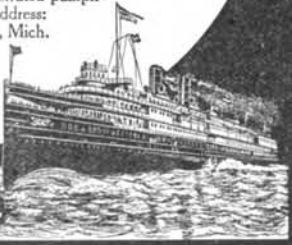
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THE BATTLE CREEK IDEA



Vol. II No. 28

BATTLE CREEK MICH. JUNE 18 1909

Price 2 Cents

A PLEA FOR RIGHT LIVING

Outline of Miss Maude Gilchrist's Address
at Graduation Exercises of School of
Health and Home Economics

HOME ECONOMICS

My subject this evening is Home Economics, a plea for right living. The new education should be perfectly adapted to the needs of

GRADUATING EXERCISES

Class in School of Health and Household
Economics at the Battle Creek
Sanitarium

THIRD ANNUAL COMMENCEMENT

THE third annual commencement of the above school occurred on the 14th inst, when a class of fifteen members received diplomas upon

Near to Nature

J. H. Kellogg, M. D., Lectures to the
Sanitarium Guests on the
Simple Life

THE NATURAL DIET OF MAN

I WISH to talk to-night about the Battle Creek Sanitarium System, or the Battle Creek Idea.



GRADUATING CLASS, SCHOOL OF HEALTH

the whole individual and should look to the preservation of the pupil's bodily health as well as to his mental and intellectual culture. The true object of education is to quicken the mental perceptions, to render the student inflexible in his steadfast devotion to all that comes to him as duty, to fit him for right living, and to earn a living, and thus to contribute to the sum of the world's good.

Education is not necessarily of books. It may consist of a practical knowledge of life and of things. An educated person is one who has control of all his faculties and knows how to use them to the best advantage. The

(Continued on page 5)

completion of a year's course in Domestic Science and Household Economics. The afternoon was given to an exhibition of the work of the school in various departments. The exhibition was very attractive, setting forth strikingly the excellent character of the work required by the faculty and performed by the students.

The exhibition was given in the various departments where the work had been performed. First, the visitors were conducted to the chemical laboratory, then through the bacteriological laboratory where the work of analyzing and examining foods is carried on. In the depart-

(Continued on page 6)

The Battle Creek Sanitarium has grown in forty years from a two-story farm-house to what you see now. Besides this main building there are some thirty buildings outside. And it has grown, not because of shrewd management, but because of the force and the value of the principles which are represented here. These principles are not new. Rather, they are quite old.

What are these principles? The first thing of all that we teach people is that there is a natural way of living, and how to return to natural ways. The human race have lost the right way, and are wandering among briars and thorns in the thickets, where they are being

badly bruised and torn. There is a road that leads to life, and there is a road that leads to death. There is a right road, and there is a wrong road; and one can not go in the right road and the wrong road at the same time.

When we consider the history of the human race, no matter through what particular channel we look,—whether through the Bible record, through mythology, through history, or through the traditions of some uncivilized tribe,—if we look far enough back, we are certain to find in the earliest memories of the race, evidences of a time when the human race was free from disease, more enduring, healthier, when life was longer than it is now, and the conditions of life were different from what we find them to be at the present time. Even in the historical period of the race it is possible to find many evidences that the human race has deteriorated. Suppose we take the Bible record, which is the most authentic history we have. It is the only rational record that has come down to us from very ancient times.

APPEAL TO THE BIBLE

A record of the customs which prevailed in the earliest time is found in the first chapter of Genesis. Here is an extremely interesting fact that I presume has escaped the attention of most of you as to the habits that the Creator designed the human race to follow. We have an account of the creation of the earth—the light was created, and the waters above the earth and under the earth were divided, and the evening and the morning were the second day. "And God called the dry land earth, and the gathering together of the waters he called seas; and God said, Let the earth bring forth grass; the herb yielding seed, and the fruit tree yielding fruit after his kind whose seed is in itself upon the earth; and it was so."

There were created three classes of vegetable products, in general. There were grass, the herb yielding seed, like wheat, corn and barley, and seedbearing plants; and then the fruit tree yielding fruit. There were three kinds of plants made. That is interesting because of what we read a little later on in the chapter.

God created man in his own image. Certainly man is the most Godlike creature, the most beautiful creature, in all the earth, the masterpiece of creation. And God said, "Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree which is the fruit of a tree yielding seed, to you it shall be for meat (food)." So there were two of these great orders of vegetable growths, the herb bearing seed, and the fruit tree, that were designated to be man's bill of fare. And the next verse says, "And to every beast of the earth, and to every fowl of the air, and to everything that creepeth upon the earth wherein there is life, I have given every green herb for meat." "And it was so." So the green herb, that is, grass, stems and leaves, were for every beast of the earth, and every fowl of the air, and everything that creepeth upon the earth, wherein there is life. The seeds or grains, and the fruits of the trees,—these higher products of nature,—were given to man for his sustenance, and grass was to be the food for the lower orders of animals.

It is interesting to observe that God, after he had made man, told him what to eat. How considerate this was, and it shows that the matter of eating is a matter of great importance.

This is to be your sustenance, your food,—the seeds of herbs and the fruit of trees, "To you it shall be for food." In other words, that is the kind of meat man was to eat. That is the sort of food that was created for him, that is adapted to him; that would nourish him and sustain him; and the kind that was adapted to the lower animals, to every beast

and to every fowl, was grass, the green herb.

Now in the third chapter is something very interesting. We are told how man disobeyed, fell, and the earth was cursed; and he was told he must earn his bread by the sweat of his brow,—*"In sorrow shalt thou eat of it all the days of thy life; and thorns also and thistles shall it bring forth to thee, and thou shalt eat the herb of the field."* So now, he is to eat not only the seeds of the herb, but he may eat also the herb. There are comparatively but few animals that are carnivorous in character. And not only the four-footed animals, but many birds and fowls continue to eat grass. The goose is an herbivorous animal, and a great, fine creature it is, too.

The dog, a carnivorous animal, is old, infirm, rheumatic, goes about with a wabbling gait, when he is twelve to fourteen years old. You rarely ever see a dog twenty years old. So with all carnivorous animals, with the exception of the hawk, which is a long-lived animal. It has a very short alimentary canal, and its food passes through without time for putrefaction. So these animals that adhere to the original bill of fare are repaid by their longevity and their great endurance. For instance, there is the elephant. Elephants have been known to live for two hundred years, and a splendid, great herbivorous animal the elephant is. And there is the gorilla, the real king of the forest, for he is more than a match for any other animal of his size. It is a very significant fact that in the regions of Africa where the gorilla lives, along the Congo, not a lion or a tiger is to be found. The gorilla strictly adheres to the bill of fare that was provided for the frugivorous class of creatures back in the beginning. But man has wandered away; he has forgotten all about the divine instruction given him in the beginning.

APPEAL TO HISTORY

And it is not only in the Bible we find this record, for the old Romans told about the "golden age," when the shedding of blood was not known, and all lived in peace together. Ovid, in describing the views of Pythagoras and his teaching, after telling about the bloodshed and about the butcher deaf to the cries of the harmless kid, as with his bloody knife he stands to cut its throat, says:

"Not so the Golden Age, which fed on fruit,
Nor thirst, with bloody meals, their mouths
pollute."

The idea of eating flesh seemed horrible to the ancient Greek philosopher, Pythagoras, who was the teacher of Socrates and the father of the Platonic philosophy. He had learned in studies in Egypt, and possibly from some of the early Hindoo philosophers, of the natural dietary, and adopted this view; and he very earnestly taught his countrymen to avoid the use of flesh food. He established a colony outside of Athens, and gathered several hundred of his followers there, and they lived there in great peace and happiness until they were cruelly massacred by the flesh-eating people of the surrounding villages, who came down upon them unexpectedly and put them all to death with the sword, because of their pure teaching and example. Pythagoras taught that flesh was an unnatural diet, and he was led to this conclusion partly by religious scruples, and because he believed in the doctrine of metempsychosis, or the transmigration of souls, which taught that when a person died, the soul appeared in the form of some lower animal and worked its way up again to the human form. So a man would never do such a thing as to kill a cow; for he might be taking the life of his grandmother in taking the life of that cow.

I had a very interesting chat with Dr. Ussher, of Lake Van, Armenia, the other evening, in

which he told me of some experiences he had in Kurdistan. The Kurds are a very primitive people; they have not yet adopted many of the customs of civilization. In that country very little meat is eaten. Once in a great while they have a little taste of flesh, but the diet of the inhabitants is bread and yogurt. Among the Armenians the yogurt is called maddoon; yogurt is the Bulgarian term. And there are other names for it. He called one day to see an old lady, and in inquiring about her case, he asked, "How old are you?" She replied, "I am one hundred and twenty-six years old." "Oh," he said, "it is impossible for you to be so old." She said, "I have a card." She brought out her card, which was a certificate of birth from the priest of the church, which made her at that time one hundred and twenty-six years old. He asked the old lady what her diet was, and she said that for a number of years, because she was so old, it had been almost entirely honey, with bread and yogurt. That is a splendid antitoxic diet. Dr. Ussher said he had frequently met people there who had given the evidence that they were one hundred and thirty years of age.

OUR RUSHING, LUXURIOUS LIFE

It is only in these comparatively recent times that men have come to degenerate so rapidly; and it is because of the numerous luxuries we indulge in, and because our houses are built so the fresh air can not get in. Our rushing modern life gives us no time for recreation. We haven't even time to masticate our food; and so we have to have a special apostle of mastication. Horace Fletcher has been raised up in these modern times to teach us how to chew. People had almost forgotten to chew their food until Mr. Fletcher came along and showed us what wonderful things can be accomplished by returning to nature in this respect. Watch a cow, and notice how thoroughly she masticates her food. Watch a sheep and see how thoroughly it chews. But we have so utterly neglected the natural ways, and sought out ways of our own, so far from nature, that we are suffering from maladies that are brought upon us wholly as a result of our own wrong habits of life. The next thing is to find out a better way—and we can. I sat down at a table in a hotel in Chicago not long ago for a meal, and it was truly shocking to see what was on that bill of fare. One of the things I found there was calves' brains—a disgusting idea—eating the brains of an animal! It reminded me of passing along a street in London and seeing a sign. "Second-hand Teeth." I said to myself, "Why that is impossible;" so I turned back and there it was, sure enough, "Second-hand Teeth!" The same thought came to me again. A man that sat next to me ordered calves' brains, and I looked at him and thought that was just what he needed—brains; but the idea of using second-hand brains, second-hand muscles, second-hand nerves, was astounding! There was tripe on the bill of fare—second-hand stomach! Man had his bill of fare laid down for him by the Creator, but he has wandered far away from it.

We find that various animals have teeth and stomachs exactly adapted to what they eat. An animal of the carnivorous mammals has a stomach adapted to the digestion of the flesh of mammals; while an animal that eats fish has a stomach adapted to the digestion of fish. Among land animals, a cow, for instance, has four stomachs, to digest the green herbage on which she feeds. The whale on the other hand, living on fish, has a much more complicated stomach than the cow. The whale has seven stomachs, and there are some varieties of the whale that have as many as eleven stomachs for the digesting of their food. Now, that is about the number most human beings need nowadays. You say, What for? Sit down at a hotel table and see what

you have on the ordinary hotel bill of fare. There are the herbs, such as asparagus, cabbage, lettuce and other kinds of grass and green things, which require the four stomachs of a cow to digest them. Then there are the grains and fruits, which require a human stomach. Meat requires the stomach of a carnivorous animal to digest it. Then there is fish, that requires the seven stomachs of the whale to digest it; so there is work for thirteen stomachs on that hotel bill of fare, and a man sits down there with his one puny frugivorous stomach and expects to digest it all. How absurd it is! There is only one beast in all creation that can digest the hotel bill of fare, and that is the woodchuck. The woodchuck has just thirteen stomachs.

EMINENT LECTURER TO ATTEND CHAUTAUQUA

DR. PRESTON W. SEARCH, the eminent lecturer who will appear at the Battle Creek Chautauqua August 1st at 8:00 P. M. in his lecture, "Face to Face with Great Ideals," is the director of the Search European Tours for Literary People. The next one of these will start August 21st, and goes via the Mediterranean to Italy.

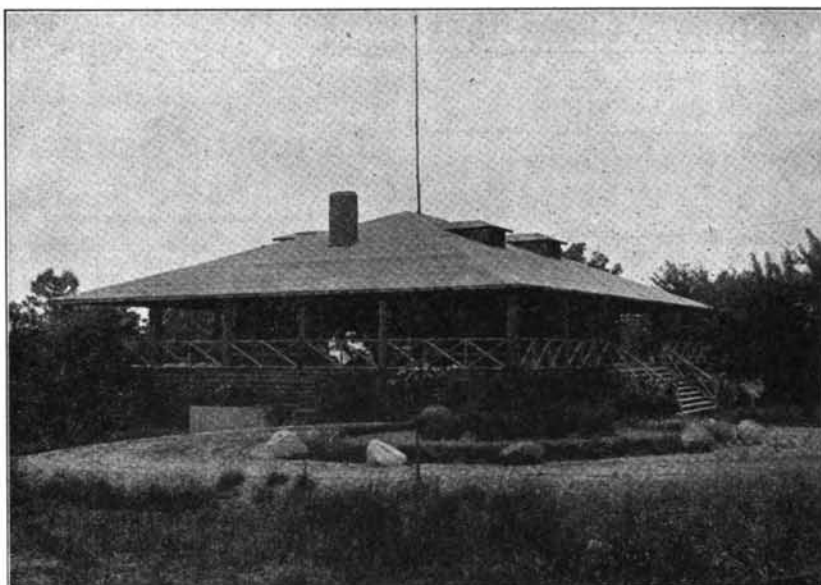


Switzerland, Germany, France, Holland, Belgium and England. This is a rare opportunity, under scholarly leadership, to combine travel, recreation and study with delightful association. Dr. Search lectures every day on the steamer and at all places of special interest. An educator and author himself, he is much interested in establishing study centers at Florence, Lucerne and Paris, also in Germany, for young American students in art, music and the languages.

ANOTHER DEPARTMENT

ANOTHER feature has been added to the Sanitarium system in the shape of a fine field for golf. As noticed in the last number of this paper, the management has secured for the Sanitarium guests a field for this popular sport that is attracting much attention among people of leisure. Pleasant entertainment is combined with attractive and active out-of-door exercise in this game, while the spirit of competition contributes a good degree of zest.

Our artist has visited the grounds and pre-



COUNTRY CLUB AT SANITARIUM GOLF LINKS

sents us with some pretty views which we produce for our readers. The writer can not speak from practical knowledge of the special merits of the game, but plenty of our readers can supply that element for themselves, and as an onlooker we can say that there appears to be hearty enjoyment in an afternoon spent in driving and following the freaky balls in their flight from pocket to pocket. As soon as opened, the grounds at once became popular

with our guests, and each fair day sees a company of ladies and gentlemen fully armed and equipped on their way field-ward.

The grounds are reached by the West Main Street car line, which terminates at the Country Club house that stands adjacent to the grounds and affords comfortable rest and protection to the players. Guests of the Sanitarium are furnished tickets of admission upon application at the clerk's desk.

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VOL. II JUNE 18, 1909 No. 28

THE SCIENCE OF HOME MAKING

THERE is one branch of knowledge to the value of which the public mind seems to be just awakening, and it fills one with astonishment that it should have been neglected so long. The science of home-making or housekeeping is fundamental in the construction of society, and in the preservation of human life. For years men have been studying carefully the breeding and culture of cattle and horses and pigs; but a course of study in domestic science has remained unknown or practically unknown until recently. Women were educated in the classics and in various arts and branches of learning, they demonstrated their ability to stand side by side with men in university education, but none of the Universities happened to think that the woman needed any special or technical education and training for her great life work in the home of which she was to be the soul and guardian.

Science in the home means health, happiness, purity, intelligence, and the laying of a good foundation for stable character for all the members of the family. Home culture means national culture and uprightness. The elevation of domestic life to a high plane of excellence means more for the redemption of the race than any other measure that is placed within our reach.

In our last issue as well as in this number, considerable attention is given to the work of the Battle Creek Sanitarium School of Health and Home Economics. Its third annual commencement exercises are just past, and the third class is now sent forth to bless the world with an enlightened idea of home culture and care. The exceptional advantages possessed by this School in its association with the vast household of the Sanitarium, which embraces every phase of domestic life conducted on a high model, connected closely with active scientific investigation along all those lines that relate to physical and moral well-being, are calculated to make it a school of great excellence and value. Were these things fully understood by future housekeepers and matrons and mothers there would not be sufficient room to house those who would be knocking at its gates. A very assuring prospect lies before the Sanitarium School of Health and Home Economics, and we safely predict for it a most useful career.

Should any of our readers be contemplating the study of domestic science, they would do well to at once take up correspondence with the

perintendent of the school, Miss Lenna Cooper, Sanitarium, Battle Creek, Mich.

Domestic Science

BY RUTH C. TENNEY

Instructor Sanitarium Cooking School

BREAKFAST DISHES

THE predominating food principle found in our breakfast foods is the carbohydrate. It necessarily follows that it is important that they should be thoroughly cooked. But ordinarily breakfast must be prepared in a short time, for who wants to rise at three o'clock in the morning in order to prepare foods which should be cooked four or five hours? Rolled oats should be cooked at least three hours. This is because of the coarse cellulose which must be softened. The chief purpose of cookery is to soften cellulose and to change starch. A serving of thoroughly cooked rolled oats, and one of toasted corn flakes contains the same amount of nourishment. Hence we see the advantage of ready-prepared cereals, so we may have a quickly prepared breakfast which is just as nourishing as one which takes a longer time. Monotony must be avoided, and to do this we can not always use the prepared breakfast foods which are on the market. Grains may be cooked the previous day, then simply reheated for the breakfast.

In selecting the breakfast menu the season should be considered. Fewer hot dishes and more fruits are needed in the summer.

The appetite is more likely to lag in the morning than at any other time. Because of its value as an appetizer, the first course of the breakfast should consist of fresh fruit. The fruit should be cold and daintily served.

The following recipes may be easily prepared:

Snowflake Toast

Scald 1 pint of milk to which $\frac{1}{4}$ cup of cream has been added. Thicken with 2 tablespoons of flour rubbed smooth in a little cold milk. Have ready the white of one egg beaten to a stiff froth, and when the sauce is well cooked, turn a cupful on the beaten egg, stirring constantly so that it will form a light, frothy mixture; then add the remainder of the sauce. The sauce should be of a light, frothy consistency. Serve as dressing on nicely moistened slices of toast.—*Science in the Kitchen*.

Cold oatmeal may be used in the following recipe:

Oatmeal with Apples

2 cups oatmeal 6 cups water

Cook in a double boiler three hours.

Pare and core six large apples and cook in a syrup prepared as follows:

1 1-3 cups sugar 1 quart water

Turn frequently to insure even cooking. After apples are done, fill centers with the oatmeal porridge. Boil down sugar and water till it is syrupy, and pour over the stuffed apples.

Plain Omelet

1 egg

1 tablespoon of milk

1-16 teaspoon salt

1 teaspoon bread crumbs

Soak the bread crumbs in the liquid, beat the yolk, add salt and liquid with bread. Beat white until stiff and fold into yolk mixture. Turn into a hot oiled pan, and then turn burner very low and keep moving the pan. When risen

sufficiently, place in the oven for just a moment. Fold crosswise of the pan at a right angle to the handle. Grasp pan in left hand with the thumb at the end of handle and turning hand toward body, drop omelet on a platter in position desired. Jelly or chopped nuts may be spread on the omelet before it is folded. Garnish with parsley. This omelet is for one individual.

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A PLEA FOR RIGHT LIVING

(Continued from page 1)

old education sought to round out a man without thought of the life and work that were to follow. Better living is the right aim for every one of us. A celebrated sculptor was asked what he considered to be his best statue and he replied, "The one that I am to make next." So the day that follows this should be our best day, and each year of our lives should be marked by improvement over its predecessor.

It would be interesting to know what are the ideals of each member of this class. We can assume that we know at least of two ideals, one of which dwells in the heart of each individual. One we call the Mary ideal, sitting at the feet of the Master in sweetness and gentleness; the other the Martha ideal, energetic, aggressive and practical. It has been said, and perhaps is generally considered, that man is the producer and woman is the spender. A man is measured by what he does, and a woman is estimated by what she is. But right living can only be secured by the combination of these two qualities—right doing and right being.

At the present time woman is not excused from any part of the world's work; but all acknowledge that her largest work is that of home making. What changes, then, we may ask, are needed in her education? We have followed long enough these courses of education which were formed centuries ago for men. Woman has proved her ability to master the sciences, she no longer needs to pose as an imitator or as a rival of man. She should now inquire what line of education best fits her for her God-given work and duty. Home-making is a broader term than at first appears. It is from the conditions and relations of our domestic life that all the great questions now agitating the world grow out, and it is incumbent upon us all to seize the present opportunity for helping solve these great problems.

I am reminded of the little boy who was left for a few moments to entertain a lady visitor. Wishing to be polite, he said, "I hope you will make yourself at home while you are here," to which the visitor replied, "I should like to do so if I may only know how." The little fellow was not at a loss for a solution of the problem and replied, "O, that is easy enough. Just take hold and help ma." It is simply a matter of our taking hold and helping out in this matter. We are all sincerely glad that the old contention about "Woman's Sphere" is passed away, and the world is greatly relieved to find that woman does not after all desire to be anything but womanly.

In the matter of household economics naturally the food and diet question arises first, but it is hardly necessary to urge the importance of these considerations in the presence of this institution. The drudgery of housework should be done away with. There should be no longer heard the expression, "I hate it." Housekeeping may become an attractive and beautiful employment, and no woman should be considered educated until she is able to cope with the difficulties and problems of home life. She should learn that waste is unnecessary, and that plain living is the best living; she should learn to be content with small means, to be wealthy and not rich. She needs to learn the

dangers of poor housekeeping, the loss of money and energy that come through unwise management and performance of domestic work. She should never lose sight of the fact that the man and the woman are still of primary importance. Conduct as the expression of personality must still be emphasized in education.

The heritage of the ages belongs to our girls. Let them enter upon their inheritance. It is woman's place, with her kindly intuitions, her trained ability, her patient skill to minister, to relieve from human ills, to share all human joys, to share each human need. I can wish nothing better to the members of this graduating class than that they, having had training in this education, with its quickening of intellectual powers and its development of the altruistic spirit,—than that they should have part in that service which the world expects of them.

"Two blades of grass, where only one was grown before;
Another song, another smile, where only frowns
our faces bore;
Another flower—a rose; another grain of corn,

Where only weeds and briars grew, and here
and there a thorn,—
So let us make our lives and homes increase
in grace and good."

The Seventh Day Baptist Church of Battle Creek

Holds regular services every Sabbath (Saturday) in the chapel, second floor College Building, Washington Street, opposite Sanitarium, at 2:45 p. m.

Visitors cordially welcome. Chapel third door to right beyond Library.

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GRADUATING EXERCISES

(Continued from page 1)

ment of medical dietetics, two bills of fare were illustrated, one showing the low proteid system advocated by Professor Chittenden, and the other the high protein diet advocated by Professor Atwater. In the cooking school the visitors were shown a very tempting array of hygienic foods prepared by the class. In an adjoining room was spread a model table where the art of serving was beautifully illustrated. In the sewing room the visitors were shown a full line of needle art, first in the line of healthful dressmaking and the construction and fitting of outer and under garments, darning and patching. In another department was exhibited household architecture and plans, with sanitary plumbing and ventilation, and in the same room was a practical illustration of laundering.

The exhibition was visited by a large number of people, all of whom were enthusiastic in their admiration of what they saw and heard.

The graduation exercises took place in the chapel in the evening, when the following program was carried out, Dr. J. H. Kellogg, president of the school, presiding:

ORGAN—From "Fantaisie Impromptu," Chopin
MISS ROSENBERG *op. 66*

PRAYER—
CHAPLAIN MCCOY

VOCAL—Sunset *Buck*
GUY C. MATTHEWSON

PAPER—Home Economics in Education
MARTHA KUMLER

VIOLIN—Scene de Ballet *De Beriot*
MISS BERTHA WOODEN

ADDRESS—
MISS MAUDE GILCHRIST

ORGAN—Meditation in D Flat *St. Clair*
MISS ROSENBERG

PRESENTATION OF DIPLOMAS—
DR. J. H. KELLOGG

BENEDICTION

The class motto, taken from Emerson, was, "Tis Nobleness to Serve." The class colors were crimson and white.

The following is the list of graduates:

Blanche R. Morton	Sophie Kodjbanoff
Bessie Slade Lucas	Mary Daisy Wallace
Mary H. Scanlan	Frances W. Power
Jessie M. Sparling	Luba Kodjbanoff
Lena Sprague	Martha Kumler
Ruby F. Coon	Maude Whittet
Clara A. Ketcham	Grace Holwick
Cassandra M. Robinson	

Each item on the program was well carried out and it is a matter of regret that we have not room to give the excellent addresses of the evening in full. That of Miss Gilchrist was a particularly forcible and lucid presentation of the subject of new education and its aims and scope. Miss Gilchrist has a reputation that is more than local in her field of activities, and both in the matter of her address and her manner of delivery, a lasting and favorable impression was made.

An epitome of the essay presented by Miss Martha Kumler is as follows:

The new education, or the education which will meet the needs of the future, will be perfectly adapted to the wants of the entire individual, thus training the faculties, moral, mental, physical and emotional. The present trend of education seems to be to make the study of the home, of nature, and industry the basis of universal training. Too much time has

been given to what will be of value to the child when he becomes a man rather than what he can use as a child.

The home in relation to practical life is the science long neglected through oversight or prejudice. Where the young man spent years in apprenticeship, his sister was forced into her life business without any sort of preparation. The introduction of home economics in the public schools will give to the young woman of the college a basis on which to pursue study along these lines.

Since the home is the center of our social national life, and since education is development for useful purposes, the young woman of to-day should be trained not only in what makes for her own happiness, but for the betterment of the state as well. The most serious charge

against our present school system is that it does not prepare the child for anything. Many boys set to parsing verbs and scanning poetry become street loafers, while if their hands had been sufficiently trained for some active useful work, they might have become respected citizens. The same is true of the girls. In educational institutions the aim must not be so much the product as the effect on the development of the individual. If training in household arts and industry does not develop character, it is not worth while to put it into the new course. Anything done with the right aim that is not a mere end in itself, but tends toward the end of betterment of life must be truly cultural.

Boys and girls learn the significance of property and property rights by being set to work



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and made to become producers, thus thrift and honesty become real to them. No branch or feature of the study of home economics is an isolated subject. They all naturally correlate into close relationship. The scientific knowledge of food and clothes and home hygiene, of home training and other forms of domestic education is the corner stone on which the best in civilization will yet be built.

GRADUATES OF A. M. M. C.

Commencement Exercises of the American Medical Missionary College—Address
By Rev. E. G. Lancaster

THE baccalaureate sermon before the graduating class was delivered by Rev. Ellsworth G. Lancaster, of Olivet College, on June 13, and was on the theme of "The Heroism of Gentleness." The main exercises occurred in the gymnasium on the evening of the 15th, the program being as follows:

OVERTURE	Stradella	Flotow
	ORCHESTRA	
INVOCATION	REV. W. F. LLOYD	
MUSIC	Sextette from Lucia	Donizetti
	ORCHESTRA	
ADDRESS	DR. H. E. L. WORRALL	
MUSIC	Ermine	Jakobowski
	ORCHESTRA	
PRESENTATION OF DIPLOMAS	DR. J. H. KELLOGG	
BENEDICTION	DR. G. D. DOWKONTT	

Dr. Worrall, the principal speaker, is a missionary of long experience in Arabia.

There was a large attendance, and the various features of the occasion were presented in a very pleasing and instructive manner. As the exercises took place on the evening before the closing of this paper it was found expedient to postpone the publication of the addresses until our next number. The gentleman member of the graduating class is a Bulgarian teacher who came to this country about six years ago, unable to speak a word of English, for the purpose of translating school text-books from the English language into his native tongue. Providentially he was led to the Sanitarium, and as soon as he mastered the language sufficiently, entered the medical missionary cause for a life work. The members of the class expect to be with us for a time, but will no doubt soon be found upon the field either in this or some foreign country. Their names are:

Mary Frances Carmichael
Anna Belle Durrie
George Stanicoff Ephraimoff
Florence Jean Holt
Clara Viola Radabaugh

"I CAN'T understand why my second husband is so fastidious. He scarcely eats anything. My first husband, who died, used to eat everything I cooked for him."

"Have you told your present husband that?"

"Yes."

"Perhaps that's the reason."—*Megnewlorfer Blatter.*

News Notes

Miss Frances Killen of Georgia, and Miss Lillian Miller of California, former nurses here, have returned.

Miss Nora Lacey, head nurse of the Glendale (Calif.) Sanitarium, visited friends at the Battle Creek Sanitarium during the present week.

T. G. Tannis, of Kalamazoo, is a patient in the Sanitarium, having undergone a surgical operation on the 14th instant. He is making a good recovery.

Miss Gertrude Fishback, of Northfield, Minn., a graduate nurse of this training school, was married to Mr. E. W. Barnard on the 9th inst. They will be at home in Nekamah, N. D.

S. Leslie West, M. D., late professor of orthopedics in the Medical and Surgical College of Philadelphia, was a caller at the Sanitarium on the 14th instant. Dr. West was accompanied by his wife.

Dr. J. D. Shively, superintendent of the Boulder (Colo.) Sanitarium, a former student of the American Medical Missionary College, graduated in the class of 1900, spent a few days on his return from the meeting of the American Medical Association in Atlantic City, N. J.

Dr. Mary V. Dryden, formerly of the medical staff of this institution, recently connected with the Des Moines (Iowa) Sanitarium, made us a short visit a few days ago on her way to Attleboro, Mass., where she is to take a position as lady physician in the Attleboro Sanitarium conducted by the Doctors Nicola.

Dr. E. H. Risley, professor of chemistry in the American Medical Missionary College, and director of the clinical laboratory of the Battle Creek Sanitarium, is in the East visiting the

Carnegie Nutrition Laboratory and other laboratories in the interest of the teaching and research work in which he is engaged.

Mr. A. W. Atterbury and wife, former nurses of the Battle Creek Sanitarium, are visiting old friends here for a few days. They have been located in Memphis, Tenn., for some time in connection with Mr. George Gartley, where they are carrying on very successful treatment rooms.

Mr. and Mrs. Andrew Nelson, of Oklahoma City, Okla., were visiting friends at the Sanitarium and in the city for a few days this week. Mrs. Nelson was formerly Dr. Ida Shively, and was a student in the American Medical Missionary College, being graduated from here about twelve years ago.

Rev. F. A. Perry, for some years a pastor of the Methodist church of Lansing and for eight years head of the Anglo-Japanese College, at Nayoga, Japan, is stopping at the Sanitarium for rest and treatment. He is making rapid advancement toward restoration to health and will soon be able to return to his field of labor.

Miss Clara Schopf, of the nurses' department, has been home for two months on leave of absence, caring for her mother who was seriously ill. Miss Schopf has returned to the Sanitarium, bringing her mother with her. She has successfully brought her through her illness and her mother will continue to take rest and treatment here.

Mr. A. W. Semmens, of Sydney, Australia, was a very welcome visitor at the Sanitarium a few days during the first part of this week. Mr. Semmens was graduated here in the nurses' course more than fifteen years ago and since that time has been active in medical work in the Australian states. After leaving here he followed medical studies for several years in Adelaide, where he established a sanitarium and carried it on successfully for a number of years. At present he is connected with the Sydney Sanitarium in the capacity of manager.

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Dr. H. R. L. Worrall, of Basra, Arabia, an intimate associate of Dr. Zweemer, and with him the oldest missionaries in that field, was a visitor at the Sanitarium for three days during the first part of the week. At this time he delivered the graduation address at the commencement exercises of the American Medical Missionary College. Dr. Worrall is a devoted missionary with a large fund of knowledge gained from experience and observation in the Eastern field. A part of his address will appear in our next issue.

Mrs. M. S. Foy, Miss Charlotte Dancy, and Mrs. Tyrrall have returned from the National Nurses' meeting in St. Paul, Minn., which occupied all of last week. The first meeting was that of the superintendents of nurses, held in St. Paul and attended by about two hundred superintendents of nurses' training schools. Two days were occupied in the discussion of suggestions pertaining to the management of the training of nurses. The National Convention of Nurses was held in Minneapolis. There were about five hundred nurses in attendance. The visitors were cordially welcomed to the city by the Mayor and representatives of various bodies. Representatives of the W. C. T. U. made a special plea for the co-operation of nurses along temperance lines. Forenoons and evenings were spent in public meetings and the afternoons in various entertainments and automobile rides through the city and surrounding resorts, many of which are located near the "Twin Cities." The meetings of the Nurses' Alumni Association occupied one day, and one day was given to a federation meeting of the superintendents of nurses. Mrs. M. A. Netting was chosen president of the Superintendents' Association and Miss Delano, of Bellevue Hospital, was elected president of the National Nurses' Association for the coming year. Our

representatives report a very interesting and profitable meeting and very pleasant and cordial social entertainment in their absence.

ARRIVALS

THE following is the list of arrivals at the Battle Creek Sanitarium for the week ending June 14: Wm. Barth and wife, Colo.; Charlotte Barth, Colo.; Mrs. W. Adolphus, Ill.; Aden P. Williams, Miss; W. Adolphus, Ill.; C. D. Warner, Mich.; Thos. A. Hayes, Jr., Md.; F. K. Darragh, Ark.; Mrs. H. E. Hoyt, Ill.; Miss Abbie T. Potter, Mass.; Lillian S. Antee, Ill.; Sherman Welch, Ia.; Lewis Glass, Ark.; W. G. Swanson, Va.; W. E. Newark, Mich.; J. Pearce, Ill.; Emily E. Johnson, Ia.; Pane K. Ghenn, O.; J. A. McKee, Md.; G. W. Morrow, Mich.; T. E. Tregamba, Mo.; Miss Francis Killen, Ga.; Mrs. C. J. Olmstead, Ill.; Mrs. H. H. Reynolds, Mich.; F. B. Hills, Tenn.; H. M. Chisholm, O.; Al. J. Luby, O.; J. M. Cunningham, O.; Wm. B. Wilson, O.; Mrs. Wm. B. Wilson, O.; Mrs. Frank Wynn, Tex.; Miss Arthur, City; J. G. Erickson, Ariz.; Fred E. Coates, Mo.; G. A. Chesler, wife and daughter, Tex.; J. H. Williams and wife, Mich.; Russell A. Williams, Mich.; C. H. Castle, Wash.; W. E. Dicken, N. Y.; Miss Jessie Shoop, O.; Mrs. W. G. Lackey and son, Mo.; Mrs. C. I. Mills, Ill.; Mrs. E. C. Lovett, Mich.; Mrs. F. N. McArthur, Ia.; W. P. Hardy, Ala.; Altha L. King, Mich.; J. H. Rose, wife and son, Ind.; J. T. Upjohn, Mich.; J. H. Conklin and wife, Tex.; Mrs. E. C. McKnight, Tenn.; Mrs. T. E. Williams, Tenn.; J. B. W. Burtose, Tex.; Willard Burtose, Tex.; S. D. Johnson, Tex.; H. D. Burrill, N. Y.; John P. Harris, Pa.; E. H. Boyes, O.; Mrs. Mary Jeschke, O.; Mr. and Mrs. C. L. Maxwell, Ill.; W. F. Ferguson, Ill.; H. P. F. Ferguson, Ill.; Flora L. Whitmore, Ia.; W. H. Britton, Fla.;

Mrs. M. Britton, Fla.; Miss Laura Britton, Fla.; D. A. D. Carscaller, Can.; Edw. G. Gains, Mich.; Mrs. A. W. Nickle, Ill.; D. C. Collier, Calif.; E. C. Heckman, Calif.; Hubert Berghoff, Ind.; Mrs. W. E. Johnson, Jr., O.; R. J. Million, Ind.; S. D. Houston, Ill.; T. G. Mitchell, Ill.; Dr. and Mrs. W. T. Eikner, Neb.; John M. Pierce, Tenn.; Miss Margaret A. Pierce, Tenn.; Miss S. G. Caldwell, Tenn.; Miss L. M. Caldwell, Tenn.; George M. Dickson, Tex.; G. W. Grandin, O.; R. L. Perin, Tex.; C. B. Holcomb, Ill.; Mrs. J. A. Bowman and child, Ark.; Ben F. Otto, Mich.; C. L. Edgerton, S. Dak.; C. T. Willingham and wife, Ga.; C. Vanbleck and wife, Mich.; John Scott, Ont.; Mary W. Wintertsmith, Ky.; Dr. and Mrs. D. C. Ross, Tex.; Dr. Edith Harrison and mother, Tex.; F. D. White and niece, Ind.; P. L. Nathan, Ark.; E. G. Lancaster, Mich.; L. Mabel Cranfill, Tex.; Malcolm W. Iles, Calif.; Mr. and Mrs. J. C. Britton, T. C. Britton, Jr.; R. S. Britton, China; Horace E. Hoyt, Ill.; Dr. Peterson, Ohio; H. E. Spilman, Ky.; J. W. Jesler, Ind.; John M. Carsey, Tex.; John Weiss, Ind.; Dr. J. D. Shirely, Colo.; P. P. Griffin, Pa.; C. Southwick, Kans.; C. W. Delvey, Ill.; J. S. Adams, Ill.; J. M. Galbreath, Ia.; Mrs. Maria Cooke, Mich.; James Kenan, Ill.; Mr. and Mrs. F. S. Keiler and son, O.; C. S. Olmstead, N. Y.; Adolph L. Stern, Ill.; Miss S. F. Cisna, Ill.; Miss Louise Gillfillan, Ill.; A. O. Davis, Ill.; Arnold X. Walker, Ill.; L. C. Heckroth, Mont.; Mrs. Jennie Power, Ind.; H. R. L. Worrall, M. D., N. Y.; Hugh Cutler and wife, Can.; V. A. Powell and wife, Pa.; Dr. Nettie Kline, Tex.; J. E. Terry, N. Y.; Dr. Mary V. Dryden, Ia.; Callie Gray, Ia.; Mrs. John Bickler, Ia.; Florence Bickler, Ia.; D. D. Knapp, Conn.; A. C. Blount, Jr., Fla.; Lillian Miller, Calif.; F. S. Swingler and wife, Wash.; A. H. McMillan, Mich.; Adam Vogt, Ky.; Dr. S. Leslie West and wife, N. J.; Nora Lacey, Calif.

BATTLE CREEK SANITARIUM SCHOOL OF PHYSICAL EDUCATION

Special Summer Course of Ten Weeks, from June 30th to September 10th, 1909

The Board of Directors of the Battle Creek Sanitarium have organized this school in order to crystalize the work in Scientific Massage, Swedish Gymnastics, Manual Movements, and general educational work along the lines of right living. This work has been carried on continuously for more than thirty years in connection with the gymnasium, lecture and class work for the patients, nurses, students, and general help of the Battle Creek Sanitarium. The summer course will be especially adapted to the convenience of teachers, university students, and others desiring a change of vocation and rest, while at the same time earning their expenses and pursuing a profitable course of study.

The following subjects will be given: ANATOMY, HISTOLOGY, PHYSIOLOGY and HYGIENE, HYDROTHERAPY, MASSAGE, FIRST AID and EMERGENCY NURSING, DIETETICS, PHYSICAL DIAGNOSIS and ANTHROPOMETRY, GYMNASIAC NOMENCLATURE and TACTICS, GENERAL GYMNASIACS and MARCHING, MAT WORK and TUMBLING, APPARATUS WORK, WRESTLING and FENCING, CORRECTIVE EXERCISES and MANUAL SWEDISH MOVEMENTS, and ATHLETICS and FIELD WORK.

The tuition for the ten weeks' course is \$20.00. By working from three to six hours a day, each student will be able to pay practically all of his running expenses. An opportunity for such work will be offered in the various departments of the Sanitarium.

Any who are interested will be sent illustrated announcement with further details on request. Address.

The Battle Creek Sanitarium School of Physical Education
BATTLE CREEK, - - - MICHIGAN

THE BATTLE CREEK IDEA



Vol. II No. 29

BATTLE CREEK MICH. JUNE 25 1909

Price 2 Cents

THE ELEVENTH ANNUAL COMMENCEMENT EXERCISES

The American Medical Missionary College
Commencement Exercises—Remarks
by the President

THE above exercises were held during the week beginning June 13, being introduced by a baccalaureate sermon by Rev. Ellsworth G. Lancaster, president of Olivet College, whose subject was "The Heroism of Gentleness." An abstract of this fine discourse is presented in these columns.

The graduation exercises were held on the
(Continued on page 6)

The Heroism of Gentleness

Baccalaureate Sermon Preached before
Graduating Class of A. M. M. C. by
President of Olivet College

YOU will find my text in 2 Samuel 22:36, "Thy gentleness hath made me great." The theme is, "The Heroism of Gentleness." Christianity is a progressive religion. It contains all the best religious thought, the spirituality and virtues of two thousand years. Even Jesus, the author of Christianity, was the climax of centuries of spiritual culture, of religion.
(Continued on page 5)

DANGERS IN THE HOME; HOW TO AVOID THEM

Dr. J. H. Kellogg, in a Sanitarium Lecture, Tells the Guests and Patients
About Them

THE Sanitarium is an educational institution. Somebody has called it a university of health. We have quite a number who are actively engaged in teaching, and we have certain great principles here which the world needs in its homes. The average American home must be rather a dangerous place, since one and a half million people die there every year and nearly all of them are killed by conditions in the home.



STUDENTS OF THE AMERICAN MEDICAL MISSIONARY COLLEGE

And what is it that is so deadly in the home?—Bad ventilation is one thing. Just as soon as the weather gets a little cold, a good many people barricade themselves against fresh air. Often I see a house banked up, and it is not always the most sanitary material that is used, either. Many times I have seen houses banked up with barnyard litter, and that is the atmosphere the inmates have to live in—right in the middle of the barnyard—all winter long. Then the windows must all be made tight, and some people will even put listing all around the windows and the doors.

I remember going into a house some years ago in winter time to see a sick person, and this house had been so thoroughly barricaded that they had even

PUT COTTON IN THE KEYHOLE.

Those people were stifling in that foul air that had been breathed over and over again until it was fairly redolent with the poisonous emanations from human bodies. Is air that has been taken into a person's lungs and breathed out again any better to breathe than water would be to drink that had been down in the stomach and had come out again? I will venture to say that there is more poison in air that has been taken into the lungs and thrown out again than there is in water that has been swallowed and then expelled again. Air that has been breathed will not support a candle flame. Put a lighted candle down in the bottom of a fruit jar, then with a long tube breathe down into the bottom of that jar, and the candle will go out. Yet people actually try to live in such an atmosphere as that. But it is a poor, miserable kind of life; and it is no wonder that such people have little energy, and it is no wonder that such people get tuberculosis. People shut themselves up in veritable dens, where a North American Indian or a South American monkey would die in less than six months. The cave-dwelling instinct seems to survive still, especially among civilized folks.

One of the worst things in the home, undoubtedly, is the kitchen. Probably three-quarters of all human ailments are produced in the kitchen. The cook is continually concocting all kinds of strange combinations that have death in them.

"THERE IS DEATH IN THE POT"

may be said of the average kitchen. The things that are concocted in the kitchen are responsible for liver troubles, for stomach troubles, for kidney troubles, and for arteriosclerosis; and, as I said, for a large share of the chronic diseases from which human beings suffer. The thing that helps you most when you come here is getting away from that kitchen, and from the home bill of fare. People who are hankering all the time for the goodies they have at home are altogether deluded in that longing. They are perhaps saying, "Now, when I get home, I'll have a square meal."

I want to say to you who are making plans of that kind, you are going right straight back to your troubles. You are not simply going back to the fleshpots, but you are going back to Egypt with its awful maladies as well. When the Lord delivered the children of Israel from the fleshpots of Egypt, he delivered them also from the multitudinous maladies from which the people of Egypt suffered. He was leading them into a land that was to be kept clean and pure, and the leprosy and the other horrible diseases they had in Egypt, were to be left there in the wilderness, and they had an opportunity, when they crossed the Jordan, to remain a healthy people. There was not a feeble one among them, the record says; they were all well; and they were instructed how to keep well. The diet at home is disease-producing,

and the most important thing that any of you get in this institution is to learn how to eat, and how to select wholesome food. People can get well from many diseases by simply correcting their diet. This is because

OUR BODIES ARE MADE OF WHAT WE EAT;

and a body that is made of mustard, pepper, peppercorn, ginger, cucumber pickles, sauerkraut, and Welsh rarebit, Edam cheese, lobster and all that kind of rubbish, can not be otherwise than a diseased body.

We are liable to forget about the temple of God which he has made for us to live in—the soul temple. We do not consider its value and its sanctity. We look upon it as a thing with which to have a good time. When the body is treated as a means of gratification, it goes to pieces rapidly. There is fire in mustard, pepper, peppercorn, ginger, and these other hot things that sting and burn as they go down your throat, and they are liable to set the temple on fire too. That fire will gradually gain ground, and break out by and by, and the blaze will be seen coming out from the upper windows, and the house will be destroyed. That is just what many people are doing. The reason you are getting well here is that so many things are being done for you. Here is the diet out of which new bodies are being constructed. Here is the bathroom, and the Swedish movement room, the gymnasium, and many other departments where the old man is being put off and the new man put on.

DIETETIC SINNERS

And now, if when we know the road of health we do not travel in it, we are sinners in every sense of the word. In eating those hot condiments with vinegar, spices, pepper and those other abominable things that are found on the ordinary bill of fare and which some of you are very reluctant to give up, a person is damaging his body temple, for they are all poison-containing substances. The evil of pepper is not the smart of it in the mouth or in the stomach. The greatest evil of pepper is the poison which it contains. It gets into the blood, into the brain, into the liver, and into the kidneys, and it damages those tender, sensitive organs. An eminent French physician, Professor Voix, has shown that pepper has six times the power to make gin liver that gin has. And he found that vinegar, or the acetic acid of vinegar, has twice the power of alcohol to damage the liver. Some of you people who are very strict temperance people, may possibly be taking Peruna or Hostetter's bitters, or some of those things; they are simply cheap alcohol, gotten up to be retailed over the counter. No saloonist could keep up his business if he should serve his customers with the cheap whisky that goes into peruna. When one is swallowing these poisons and using quantities of vinegar, horse radish, mustard and pepper, he is doing himself a great deal of harm. There is more than one way in which to get drunk. Intoxicate means simply poisoning. The word comes from *toxicare*, which means to poison. As you remember the castor and the pepper boxes at home, you should

LOOK BACK UPON THEM WITH HORROR

and—look forward with apprehension and fear if you expect to return to them. That teapot has more maladies in it than the beer bottle has. A cup of tea has more poison in it and more intoxication in it than the same quantity of lager beer. That has been proven out. You may extract from a cup of strong tea the poisons in it, and from a mug of lager beer the alcohol that is in it and the poison that is in the tea would kill more frogs than the poison that is in the beer. Now, don't imagine that

I am recommending lager beer; I am not recommending poisons of any sort. I am only holding up the thing to you in its true light. As the Bible says, we "strain out a gnat and swallow a camel." That is what we do when we profess to be temperance people, and then tolerate all these other things. I never had a bit of sympathy for that kind of temperance reform which substitutes coffee-houses for the saloon. It is simply the same kind of thing. One can actually damage himself more with coffee than with the same quantity of beer, a great deal more.

So, in looking toward the home, we have to acknowledge the fact that home is the place where a great deal of mischief is born. Now, the purpose of our

SCHOOL OF HEALTH AND HOME ECONOMICS

is to teach mothers how to make the home the abode of health instead of the nursery of disease. For as it is now, chronic disease is born in the home, and it comes largely from the kitchen. This school of domestic science is open to anybody who wants to take the course. It covers every subject that is taught in any school of domestic science and in fully as thorough a way. The Medical College laboratories are open for this school, and the same teachers who teach the medical students their chemistry, teach the students of this class. I am dwelling upon this subject here a little because I am constantly getting applications from people for cooks. I would recommend these ladies to learn to cook for themselves. Not that I expect you to spend your lives in the kitchen, but it would be a capital thing to learn how to cook. Every woman ought to learn the science of the household economics so she would not be entirely at the mercy of her servants. As it is now, most women are wholly at the mercy of perhaps poor, ignorant servants who never had any proper instruction at all. Our domestic service is one of the crying evils of the time, and a discredit to womanhood.

We have a great number of women who are clamoring for women's rights, and I think they are entitled to rights and ought to have them; but I want to tell you there is one thing I think women should take more interest in, and that is the instruction of women in the science of house-keeping. Women ought to take more interest in that thing. Many women nowadays are knocking loudly at the door of various professions; they want to be lawyers, they want to be doctors, they want to be everything that men are in the business world and in the social world so far as they possibly can; and that may be all right.

I DO NOT OBJECT TO THAT.

But certainly, women as a class ought to be interested in the instruction of women in the science of household affairs. We are teaching household economics from the Battle Creek Sanitarium standpoint, teaching people how to adapt the principles of health to the home; how to detect adulterations in the food; how to prepare food in such ways as not to destroy any of the natural properties of the food; how to sweep right, how to do housecleaning; how to disinfect, and how to keep the whole house in a sanitary condition; how to nurse and feed babies, how to feed people who are sick. All of these question and many others are studied. If you can not yourself take this course, find some young woman at home, interest her in this matter, and send her to our school. Students may engage in work in our practical departments and are paid well for their work. They are charged a small sum for their instruction, so they are able to pay most of their expenses without overworking, and can pay for the entire course if they choose.

THE SCHOOL OF PHYSICAL CULTURE

This school, which is to be opened in the Sanitarium on June 30, is already attracting considerable attention. Inquiries are being received from a large number of people who contemplate attending, and many students are already on the ground. The prospect is that the school will start off with a good attendance; and it is the intention of the managers to make it in every respect representative of the very best there is in that science. The instructors are all men and women of wide knowledge and experience and of progressive minds.

The leading idea is not the mere cultivation of muscle, but the development of symmetrical bodies according to the best medical knowledge. Medical gymnastics are the unique feature of this school, and this thought will characterize all the work and instruction. The connection between the school and the great medical institution affords the most favorable opportunity to be obtained anywhere to carry out physical culture to its best and highest ideals.

In connection with the work of the School of Physical Culture the members will receive training in scientific hydrotherapy, in the chemistry, physiology, and hygiene of digestion and dietetics, with the latest and best discoveries of science in the principles of nutrition. Because the genius of the institution is that of a purely philanthropic and educational enterprise, the expenses will be made as low as possible, and opportunity will be given to students to pay their way in part, or almost wholly, if desired, by work in some of the practical departments of the Sanitarium.

The course of study for the present summer course embraces, in didactics: Anatomy, histology, physiology and hygiene, hydrotherapy, massage, first aid and emergency nursing, dietetics, physical diagnosis and anthropometry, gymnastic nomenclature and tactics. In practical work there will be general gymnastics and marching, mat work and tumbling, apparatus work, wrestling and fencing, corrective exercises and Swedish movements, athletics and field work.

Extensive additions are being made to the gymnastic apparatus, which was already unusually complete. This will enable the instructors to give the most approved forms of Swedish gymnastics, now recognized as the best methods extant. Two of the instructors, Dr. Tell Berggren and Mr. A. R. T. Winjum, are native Swedes and graduates of the best schools in that country.

THE BATTLE CREEK SANITARIUM EXHIBIT AT ATLANTIC CITY

THE institution was represented at the annual meeting of the American Medical Association in Atlantic City, held June 8, 9 and 10, by an attractive exhibit which consisted chiefly of enlarged photographs representing the buildings and departments of the institution, especially laboratories and treatment rooms, laboratory and treatment methods; and also the training departments, especially the Training School for Nurses and the Sanitarium School of Health and Home Economics. The exhibit was constantly thronged with physicians who showed a great interest in the Sanitarium System, which was lucidly explained by Dr. Vandervoort, Miss Zahn and Miss Cooper, who were in charge of the exhibit. Among the callers were a number of European physicians and an officer of the Russian navy, all of whom were greatly interested in the highly developed system of physiotherapy which has been evolved at the Battle Creek Sanitarium.

"The custom which prevails with some housekeepers of keeping the table set between meals and overnight is as unsanitary as it may be convenient. So broad a surface as a dining table must catch a large amount of the dust which is always swirling and settling in occupied rooms. Even the cloth left upon the table overnight needs to be very thoroughly shaken for the removal of dust before it should be considered wholesome to breakfast upon. Moist foods left uncovered upon pantry or cellar shelves or kitchen tables are in constant danger from the dust in the air."—E. E. K.

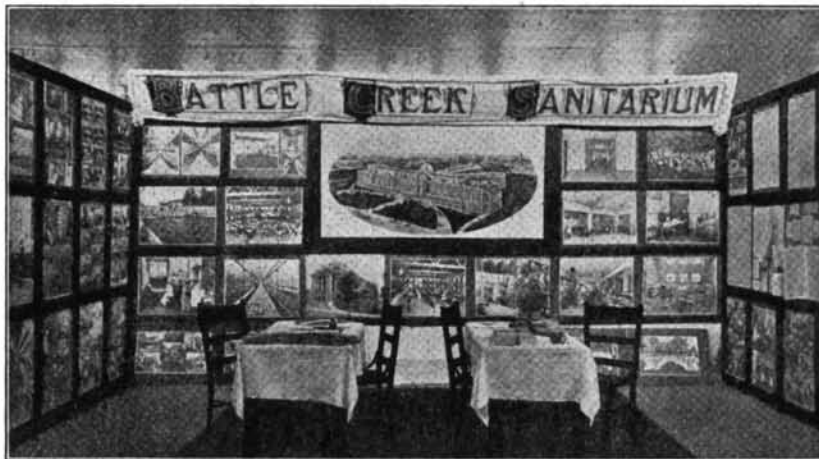
"With the approaching season of fresh groceries and small fruits it is expedient in our quest of germs to remember that all foods that

grown near the soil, the natural home of bacteria, like lettuce, cress, and other salad greens, should be most thoroughly washed before using, that all marketed berries and fruits liable to dust in transit or while exposed for sale should receive the same careful treatment."

"There is only one way to the hearts of men—the way of your own heart."

"Leave the harsh words unsaid until tomorrow."

"Never run away from trouble. Be right, strong, harmonious and masterful where you are, and trouble will soon run away from



THE SANITARIUM EXHIBIT AT ATLANTIC CITY



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One Year	\$1.00
Six Months	.50
Three Months	.25
Per Copy	.02

Vol. 11 JUNE 25, 1909 No. 29

THE MEDICAL MISSIONARY

In the best sense of the term, the missionary is not merely a propagandist whose work it is to convert men and women to some special manner of faith or practice. Our best ideal of a missionary is fully met in the life and work of Jesus Christ, who "went about doing good, for God was with Him." A missionary is a follower of the Master. He said, "Herein is my Father glorified, that ye should bear much fruit; so shall ye be my disciples."

A medical missionary, then, is one who combines the healing art with the philanthropic purpose. The American Medical Missionary College is an institution for the education and training of Christian workers who will go out into the suffering world to do as Jesus did. It is the only institution of its kind in the world. In its short history of fourteen years it has sent out one hundred and eighty physicians, most of whom are now doing effective work in ameliorating human suffering in the name of Christ. We present this week an account of the commencement exercises of this School, with an abstract of the addresses that were made on this occasion. Full information regarding this unique and most worthy school will be gladly furnished by the registrar, Dr. Benton Colver, of the Battle Creek Sanitarium.

Domestic Science

BY RUTH C. TENNEY
Instructor Sanitarium Cooking School

VEGETABLES

NEXT to cereals, vegetables yield the greatest amount of starch and sugar. Cellulose, water, acids, protein and a valuable amount of mineral matter are also found in vegetables. In the carrot and other roots the cellulose is found in larger quantities at the center. Cellulose is a very important food adjunct, although it is indigestible and has no element which enters the body tissues; but by furnishing bulk to the food it aids digestion by stimulating peristalsis.

The mineral matter in all vegetables lies near the skin. All deeply colored vegetables such as carrots, spinach, and beets contain a larger amount of iron than others. This mineral matter is organic and easily assimilated by the tissues.

Ordinary vegetables are composed of seventy-one to ninety-five per cent of water. A vegetable diet will furnish a large part of the

water which is so necessary to the system. By its organic acid and mineral matter, it increases the alkalinity of the blood; and it supplies the cellulose which aids in keeping the entire digestive tract in good condition.

Stale or over-ripe vegetables should never be used because the cellulose becomes so toughened that cookery cannot soften it sufficiently to keep it from irritating the organs. Vegetables such as parsnips and carrots, if not too stale, can easily be freshened by cutting the stalks and placing them, stalk-end down, in a dish of water.

Potatoes, after having been peeled, should not be allowed to stand in water for any great length of time, as the potash and other minerals are washed away.

Of the three methods for cooking vegetables, baking, steaming, or boiling, baking is the best, as thus less of the valuable food principles are lost; while boiling is the most wasteful process.

To boil potatoes, the old Irish method as explained by Mrs. Rorer is the best. Pare and throw at once into cold water. Put them into a kettle of boiling, unsalted water. Boil rapidly for ten minutes, then cook at the boiling point until the potatoes are nearly done. Add a cup of cold water which will cool the surface of the potatoes, allow the centers to cook a moment longer, thus making the potato mealy to the center. As soon as the water again reaches the boiling point, drain the potatoes perfectly dry. Dust them with salt if desired and shake the kettle lightly over the fire. Serve at once.

Unsalted water should always be used, as salt hardens the water and toughens the cellulose.

Vegetables such as cabbage and onions, which give an unpleasant odor, should be cooked in kettles with the cover removed, as the vegetables will not then have the strong taste which is so objectionable. Be careful to remove as soon as tender to prevent the vegetables from becoming water-soaked and tasteless.

Escalloped Corn

- ¼ cup butter
- ¼ cup flour
- ½ teaspoon salt
- 1 tablespoon sugar
- 1 pint fresh corn or drained canned corn
- 1 cup bread crumbs
- ¼ cup cream
- 1½ cups milk.

Mix the butter and flour together and add the fresh cut corn, the salt and sugar. Let come to the boiling point, stirring meanwhile. Then add the boiling milk, stirring meanwhile; then turn into a baking dish. Cover the top with the bread crumbs, moistened with the cream, and bake fifteen minutes.

Onion Souffle

- 2 tablespoons butter
- 3 tablespoons flour
- ½ cup hot milk
- Salt to taste
- 1 cup onion purée
- 3 eggs

Mix the flour, salt and butter together; add the hot milk, stirring meanwhile. Cook until thickened, then add the onion purée, made by putting thoroughly cooked onions through a colander, having previously drained the water from them. Lastly add the well-beaten eggs. Turn into an oiled baking dish, stand in a pan of hot water, and bake in a moderate oven for half an hour.

Potato Croquettes

- 2 cups hot riced potatoes
- 2 tablespoons butter
- ½ teaspoon salt
- ½ teaspoon celery salt
- ½ teaspoon grated onion
- 1 egg yolk.

Rice the potatoes by putting hot boiled or steamed potatoes through a ricer or colander. Mix ingredients in order given and beat thoroughly. Shape, dip in toasted bread crumbs, then in beaten egg to which has been added one teaspoon of milk, and back again into the crumbs. Bake on an oiled tin in a hot oven. These croquettes will be just as tasty as if they were fried, and far more digestible.

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HEROISM OF GENTLENESS

(Continued from page 1)

ious aspiration and prayer. Many of his doctrines were taken from the Old Testament, and given a fresh statement and charged with his spiritual life.

The followers of Jesus soon rallied and charged his accusers with having put to death the Son of God. The rulers were cowed to silence before the disciples, who had now become bold defenders of their Lord and Master. Multitudes took their side, and the embryonic church of Christ began to take form.

Those who had been with Jesus, who knew him personally, had been unconsciously transformed by his sweet, gentle, strong heroic life. They were not aware of the change which had taken place in themselves. They had no ritual. It was necessary for their best thinkers to build up a body of truth which should be characteristic of this new religion. Paul was one of the first to give it definite form. He said, "The righteous shall live by faith;" and from that on, the body of doctrine grew into long creeds and fixed forms to which the followers must subscribe. We know the history of the struggle of the first few centuries of the Christian church. The best Greek fathers spent two or three centuries in defending the doctrines as developed by Paul and his followers. The great struggle at the Council of Nicea in 324 A. D., which gave us the Nicene Creed, or our Apostles' Creed, in about the form in which we repeat it to-day, was followed by other violent struggles, each resulting in the development of some form or doctrine, until in the fifth and sixth centuries the great creeds of Christendom were practically fixed. For the next thousand years, the different parties, each of which was following some different form or idea of Christianity, spent their time in wickedly destroying each other until, in the time of the Inquisition, the most ingenious thought of Europe was given over to the device and manufacture of machines which would add some new pang of torture to those who were being torn to pieces because they would not accept the creeds which their persecutors had decided were essential to salvation. Awful as was the agony of Jesus on the cross, it must have been far greater as he knew of the awful massacres, the terrible tortures in prisons and dungeons that followed the attempt to make people believe something which he himself never regarded as important.

Jesus came to inaugurate a reign of peace and good-will. He asked for honest lives. He asked men to love God and their neighbor, to be kind, to be sympathetic, to be helpful, to believe in God, and to allow God's will to be supreme in their lives. He preached a life, not a belief. Christianity is not a belief; it is a life. It is a life of love that shows itself in kind actions, in sympathetic treatment of one's fellow-men, in communion with God. The world was probably not ready for the application of his teachings. The religions of his day were mostly philosophical or theoretical. We have waited nearly two thousand years for this materialistic age, to bring forward something which resembles the real Christianity that Jesus preached.

"Back to the old days" is a frequent cry. Impossible! The wheels of time never turn backward, much as we may desire it. Philosophy, religion, schools, or social customs move on with time, and can not go back to the old days.

Time moves straight on. A race once illumined with an idea like that of the wireless telegraph, the wireless telephone, wireless type-setting, can not go back to the beacon signals

or the swift-footed messenger who ran one hundred miles between sun and sun.

The thought of the text is an illustration of this truth. Gentleness as a virtue is a modern and recent thought. The word *gentleness* is used only twice in the Old Testament, really but once. It means condescension. It is used only twice in the New Testament, once meaning reasonableness, and once integrity. The adjective *gentle* is used five times in the New Testament only. Three times it means *infantile* or *childlike*, and twice *reasonable* or *ethical*. In neither of these cases is it a mark of greatness. Even in the text which I have used, it means that God has condescended to give David victory in war. "Thy gentleness, thy condescension, has given me opportunity to win a great battle," is the thought of the text. I wish to interpret them in the light of modern thought.

There are two ideas of greatness, whether applied to God or man. One idea of God is that of Jehovah, the God of hosts, the Battle-God, before whom as he approached, the earth shook and trembled; the foundations of the hills moved and were shaken. There went up smoke out of his nostrils and fire out of his mouth devoured; coals were kindled by it. He bowed the heavens and came down. Darkness was under his feet. He touches the mountains and they smoke. We have the same idea of heroism in men. We are all hero-worshippers, but some see a hero only in a conquering general who kills his thousands, and rides in pomp at the head of his army. That is not Christianity. Jesus walked out alone and met the enemy who had come to lead him away to the worst death of torture that they could inflict upon him. Some of his followers had not outgrown the childish spirit of fighting, and wanted to draw their swords. But Jesus was teaching them the *heroism of gentleness*.

It is easy to fight; it is hard to be patient under slander and accusation, to speak no unkind word in the face of abuse. That is heroism. Applying the words of the text, as we may, from this point of view, to Jesus, we may say, "Thy gentleness hath made me great." Under the touch of Jesus, the bully becomes a gentleman; the loud, dashing woman a sweet wife and mother; and the careless, swearing, swaggering boy, a faithful, patient earnest man.

The struggle over creeds, over technicalities in manuscript, over disputed readings in the Bible, has gone. There wells up out of the past two thousand years the power of a great life, a life full, rich and tremendous in its message to men. That divine life was an illustration of the possibility of every life. We have not outgrown it; we can never outgrow it; for Jesus, the master-mind, taught only fundamental principles, which were so simple and yet so comprehensive that everything that is good and true and pure and holy may be done within the limits which he laid down for the life boundaries of his followers.

Members of the graduating class: You stand here to-day consecrated to this Gospel of "peace on earth, good will to men." You have trained yourselves in a peculiarly fitting way to carry the gospel of Jesus to those in need. Suffering humanity needs physical relief before it can understand the higher message of love and salvation. As never before, you will find in the world to-day an opportunity to express your faith by your works. Faith you must have, but it is not the faith that simply believes anything in particular about the psychology of Jesus, but rather a faith in God and a faith in man, and a belief that it is possible to become God-like by living for your neighbor, loving your neighbor, and working ever in a spirit of obedience and harmony with the will of God. That spirit is the true Christian spirit. You can not love that way and forget your brother's interests. You will realize more and more that the race is saved by Jesus and Christianity just in proportion to the uplifting influences of his life on the physical, mental and moral conditions of men and races. You can not save a man's soul and leave his body in Gehenna. Heal the sick, give sight to those mentally and physically blind, preach a more abundant life. The noble men and women who have gone as medical missionaries to foreign lands have placed the emphasis of Christianity just where Jesus laid it. He healed the sick, but there are few records that indicate that he talked theology to them. Forget your theological doctrines. Keep those doctrines sacredly filed away for future reference. Do

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not think to help the world much with them. *Live the life, the life of the Master, and let people draw their own conclusions.*

You are to be congratulated on your opportunity. The fields are white for the harvest. Your skill will prove the sincerity of your life. Give, and it shall be given to you—good measure, pressed down and shaken together and running over. Preach the *Gospel of Peace*, practice the love of God and your neighbor. To this you are called. It is your mission. Go! Let no man take your crown!

COMMENCEMENT EXERCISES

(Continued from page 1)

evening of the 15th in the Sanitarium gymnasium, the program published last week being followed out. The address by Dr. H. A. L. Worral, of Basra, Persia, was entitled, "What is Worth While? and Is It Worth While?" We shall also present this admirable address in outline next week.

The meeting was presided over by the president of the College, Dr. J. H. Kellogg, who also presented the diplomas with appropriate remarks which we quote in part:

"The American Medical Missionary College was organized fifteen years ago. It was the first college of its kind; and still is the only college authorized to grant diplomas which has for its sole purpose the education of missionary physicians. The school was providentially started, and has been sustained by many providences. The school owes something of its origin, at least, to the work previously done by the International Medical Missionary Society, of Edinburgh, the work of which was extended into this country, some thirty years ago, by Dr. Dowkontt in New York City. We have the great pleasure to have Dr. Dowkontt with us here to-night, and connected with our school.

"To-night we appear in public to present the graduates of this school for the eleventh time. One hundred and eighty persons have been graduated from the school, and have gone to various countries. Some are in this country, and some in foreign lands. We hope that in the years to come we may be represented by a much larger number in the foreign field. During the last year nearly seventy students have been in attendance at the school. On account of some complications, the membership of the school has been reduced somewhat during the last three years, but this year our freshman class was full, and the prospect is that the freshman class of next year will be as large as it will be practicable to receive.

"At the present time there is a great dearth of medical missionaries for the foreign field. Scarcely a week passes that I do not receive a letter from some missionary board saying, 'Can you not send us a physician? It is the earnest hope of the faculty and of all connected with the school that from this time onward every graduate of this school may find a place in the great vineyard.

"The school is conducted both in Battle Creek and Chicago. We have a Chicago faculty and a Battle Creek faculty. Most of the work the first three years is done here. The scientific laboratories are nearly all of them here. Clinical facilities are afforded in Chicago to a better degree in some respects than here. The large St. Luke's hospital there is accessible to our students for ward walks, clinics, and dispensary service. The management of this great hospital have very kindly given special privileges to the students of the American Medical Missionary College. Then, we have there a large dispensary with a doctor and several nurses who are giving several hundred

treatments a week to the poor of the Stockyards district.

"The building was formerly used by the Lutherans as a school, but the community changed so that they did not have use for the school, so we have it for a dispensary. It is one of the finest dispensaries in the city, and one of the best attended. We have there every facility for all sorts of Sanitarium treatment. Every bath that can be given in this institution is given there. The poorest man in Chicago can get as good a bath as can be had in the Battle Creek Sanitarium, and for nothing. The work there, I am glad to say, is very prosperous, and is constantly growing. There being no competition between the American Medical Missionary College and other colleges, the professors of other medical colleges are at liberty to take a part in the teaching in this school, which is not true of any other medical school, so that the school is treated with favor by other colleges.

"I am glad to say that the College enjoys first-class standing among medical colleges. It is a member of the American Medical College Association, a fact that gives our graduates standing when they go to other countries. Students from our school have taken degrees in those countries where the regulations are perhaps the most rigid and the examinations the most thoroughgoing of any examinations which are given to medical men anywhere in the world. And our students are received by the examining boards for those degrees without

being required to attend any other medical school.

"The College has an endowment sufficient for its requirements, and I am very glad to say we have a class of students who have given the faculty very little anxiety or difficulty. Our students have won the affection and respect of their teachers in the very highest degree by their faithfulness, their courtesy, and their earnestness in their studies; and we feel that the future of the College is very bright indeed.

"What this class lacks in numbers, I am sure it quite makes up in quality, as they have received very high compliments from both the Chicago and the Battle Creek faculties.

"The Board of Trustees, by the authority vested in them by the State of Illinois, have conferred the degree of Doctor of Medicine upon these persons. Before presenting these diplomas, which are the evidence of their professional standing, I wish to read, in the presence of this audience and of the members of the class, this missionary physician's pledge:

"Realizing the serious nature of the duties and the grave character of the responsibilities of the physician, and especially appreciating the solemn obligations of the missionary physician, I hereby solemnly pledge myself, by the help of God, faithfully to perform the duties of my calling, sacredly to regard its obligations and responsibilities, to keep inviolate the professional confidences which may be reposed in me by those under my care, and to labor earnestly and truly for the relief of human suffering.



ANOTHER VIEW OF THE GOLF LINKS

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ing and the amelioration of human woe, and especially for the uplifting of those of my fellow mortals who may be in need of my assistance, whenever duty may call me to labor."

"I will ask each one to hold up the hand as evidence of the sincere taking of this pledge. I am glad to see that all hands are raised; and I take very great pleasure in presenting these diplomas which have certainly been well earned."

On the following evening, the 18th, occurred the annual meeting of the Alumni Association, consisting of a banquet in the Sanitarium dining room followed by a schedule of after-dinner speeches with Dr. J. F. Morse acting as toastmaster. Dr. J. H. Kellogg spoke for the faculty, Dr. E. L. Eggleston and Dr. Loiza Elwell spoke for the Alumni. Words from the mission field were brought by Rev. T. C. Britton, of China. The graduating class was represented by Dr. Geo. S. Ephraimoff, of Bulgaria, and Mrs. Glenadine Snow spoke for the undergraduates. There were about one hundred guests present, and the evening passed off most pleasantly and profitably.

News Notes

Dr. Tell Berggren, of Sweden, a graduate of the A. M. M. C., is now associated with the Sanitarium work as instructor in the School of Physical Culture which is to be opened June 30.

A student in a Bible class being asked the meaning of Jesus' quotation from Scripture, "I will have mercy and not sacrifice," replied, "It means more charity, and less criticism."

DURING the recent annual convention of the Michigan Woman's Christian Temperance Union held in this city, a short school of health was held, an hour being given to it each morning. The school was under the direction of Dr. Geisel who is receiving numerous letters from those in attendance, expressing gratitude for the good they received in that short time.

The Sanitarium family was entertained on the evening of June 20 by Miss Julia Ellen Rogers, of New York, the celebrated naturalist, who delivered an illustrated lecture on "The Brook and Its Companions." Pictures were produced by photographs from life by the new process of color photography, and the lecture was not only interesting, but extremely instructive as well.

The 15th Annual Announcement of the American Medical Missionary College has been issued by the Trustees, and is ready for distribution. It consists of 113 pages of beautifully printed matter and illustrations giving complete information in regard to the above named College, its requirements and courses of study. The catalogue will be sent free to applicants who may address the Registrar, Dr. B. N. Colver, Sanitarium, Battle Creek, Mich.

Dr. E. A. Rumely, founder and president of the Interlaken School, Laporte, Ind., paid a

short visit to the Sanitarium last week. It was a matter of regret that he could not stay longer. The prospects are, however, that he will soon be back for a longer visit, as he is deeply interested in Sanitarium ideas. It is hoped that he will favor us with an account of the splendid work he is doing in teaching boys to live. As stated in the catalogue the purpose of this school is to train boys from the ages of nine to eighteen years in such a way as to develop self-restraint, harmonious and worthy moral characters, sound and vigorous souls and bodies. Members of our faculty who visited the Interlaken School speak in highest terms of the work which is being done by Dr. Rumely. His work is a scientific exemplification of return-to-nature methods in education.

We are glad to announce the safe return of Dr. and Mrs. J. F. Byington from their extended trip in Europe, covering five months. Sailing from New York for the Mediterranean direct, they touched at Madeira and Gibraltar. They visited Tangiers, and spent some time in Southern Spain visiting the renowned ruins and principal cities of that country. Several weeks were spent in Italy in the many centers of interest. Their itinerary led them thence to Vienna and other points in Austria-Hungary; then to Switzerland and the Rhine. In Vienna and Germany the doctor spent considerable time attending clinical studies in the line of his special profession. Paris was visited, as well as London, and Liverpool. We congratulate these fellow-workers on their good opportunity to see so much of the Old World, both of its beauties and its distresses, and we welcome them back to their places among us.

DISPENSARY REPORT

THE Sanitarium Dispensary report for the week ending June 19 is the following:

Consultations	106
Examinations	22
Office treatments	4
Surgical dressings	32
Operations	4
Bath treatments	110
Phototherapy	25
Massage	5
Nurse's calls	45
Families visited	25
Visits discontinued	3
New families	2
Families on list	74

PERSONALS

Mr. J. H. Wingfield, of Seattle, Wash., is at the Sanitarium visiting his wife, who is a patient.

Mr. Ralph DeVault, the Sanitarium photographer, was called home to Asheville, N. C., by the illness of his father.

Dr. and Mrs. W. H. Crawford, of Fort Hall, British East Africa, medical missionaries to that country, are guests at the Sanitarium.

Among the new arrivals are Mrs. Mattie Downer, of Byhala, Miss., Mrs. H. N. Hersch and Mrs. Howard Patello, both of Atlanta, Ga.

Mr. C. B. Stephenson, of South Bend, Ind., is again among our guests. We always welcome his kindly and cheerful presence in our midst.

Mrs. T. W. Mitchell, for many years a missionary to China under the Presbyterian Board, is recruiting her health and strength at the Sanitarium.

THE following unique passage is an extract from the court record of the town of Norwich, Connecticut, and dated July 26th, 1720: "Samuel Sabin appeareth before R. Bushnell, justice, and complaineth against himself that on the last Sabbath day at night, he and John Olmbis went to Wawewas hill to visit relatives, and were late home, did no harm, and he fears it may be a transgression of ye laws, and if it be he is very sorry for it and don't allow himself in unreasonable night walking." We copy this from a very rare history of that time as an example of faithful conscientiousness that would be hard to equal in these days.

"She thought to herself," writes a modern novelist, "how delightful it would be to live in a house where everybody understood and loved and thought about every one else." She did not know that her wish was just for the Kingdom of Heaven.—F. W. Farrar.

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Mr. S. S. McClure, owner and editor of the *McClure's Magazine*, New York, is spending the summer at the Sanitarium, his daughter accompanying him.

Ex-Governor S. R. Van Sandt, of St. Cloud, Minn., is again spending a few days at the Sanitarium renewing old acquaintances and taking some treatments.

Mr. and Mrs. Althausen, of St. Mary's, Ohio. Mrs. O. Hersing, Mrs. C. W. Timinmeister, all from the same place, and old patrons of the institution, are with us again.

Mr. B. N. Mulford, of Fountain Head, Tenn., who is engaged in establishing and conducting a school for the mountain people, has spent a few days at the Sanitarium.

Mr. Thomas Condell, of Springfield, Ill., is spending a time at the Sanitarium. His presence and influence in our devotional and religious services are very helpful.

Mr. Charles T. Parnell, for seven years connected with the work of the American Himalayan missionary and industrial colony in Northern India, is a patient at the Sanitarium suffering from the effects of Indian malaria contracted from itinerary missionary work on the plains of India.

Rev. M. C. Wilcox, Ph.D., and daughter, of Mt. Vernon, Ia., are guests at the Sanitarium. Dr. Wilcox has been engaged in missionary and educational work in China for many years. He is recruiting his health in this country and at the same time translating important works into the Chinese language.

Quite a number of people from the South, friends of the institution both old and new, are now with us, and the number is increasing daily. Among them we notice Mr. and Mrs. E.

Macey Van Guilder, of Kansas City; Mrs. T. C. Jasper, of Plano, Tex.; Mrs. D. S. Howell, Memphis; Mr. and Mrs. M. Albertson, Jacksonville, Fla.

ARRIVALS

THE following is the list of arrivals at the Battle Creek Sanitarium for the week ending June 21: Mrs. W. W. Stark, Mich.; Dr. and Mrs. W. S. Ogston, N. Y.; Mrs. H. S. Thompson, O.; Miss F. Gawbrell, Md.; J. B. Stoakes, Tex.; John A. Schuff and wife, Ill.; M. E. Schuff, Ill.; Mary E. McCabe, Ind.; John Weiss, Ind.; J. S. Torbert, O.; Emmett A. Taylor, O.; George W. Hinman and wife, China; J. W. Farm, wife and daughter, Pa.; Miss Maude Gilchrist, Mich.; Mrs. Maude Gilchrist, Mich.; Mr. and Mrs. Althausen, O.; Mrs. C. W. Timmermeister, O.; Mrs. A. Herzing, O.; J. W. Wiltshire, Va.; Laura D. Barney, N. Y.; W. E. Hosler, Pa.; W. L. Jessup, Ga.; W. W. Otter, Ala.; I. H. Robertson, Tientsin; J. E. Jones, Ark.; S. M. Archer, O.; F. E. Taylor, Mich.; A. Stokes and wife, Ill.; Chas. W. Glover, Ind.; W. E. Glover, Ky.; Miss O. P. Merrill, Ia.; Alice J. Long, N. H.; Rudolph Troxel and wife, Ill.; Clement Blount, Fla.; H. T. Bloom, Ill.; Delia B. Bloom, Ill.; M. Eunice Lovejoy, Ill.; Jacob Loeb, Wis.; H. M. Hawley, Mich.; Mary E. Hubbell, Conn.; E. O. Buck and wife, Mich.; Mrs. Mattie Donnor, Miss.; Mrs. H. H. Hersch, Ga.; Mrs. Howard Pottello, Ga.; Mrs. William Hilger, Mont.; John H. Jones, Pa.; Miss Bertha Jones, Pa.; Miss Johnette J. Jones, Pa.; Susan Miller, Pa.; J. C. Murray, Mich.; Major Hopkins, Mich.; Thos. N. Evans, Fla.; J. H. Templeman, Ill.; J. D. Warren, Ill.; A. C. Hutchinson, Ill.; H. H. Ashenfelter, Pa.; J. M. Staley, Pa.; J. S. Griffin, W. Va.; R. C. Horner, W. Va.; F. M. Moseley, Ala.; L. M.

Mosely, Ala.; N. W. Norton and wife, Ark.; Samuel A. King, Utah; Jesse Coogan, Wis.; Mrs. W. V. Knott and two children, Fla.; Fred F. Johnson, Calif.; Mrs. Fred F. Johnson, Calif.; T. A. Mabbott, S. Dak.; A. H. McMillan, Mich.; Mrs. L. Walt, Mich.; Adenknoph and wife, Ill.; H. C. Westcott, N. Y.; W. F. Halliday, N. Y.; Anne Denison, O.; E. A. Fox, Tex.; Mrs. B. Ellerbrook, N. Y.; E. P. Smith, Calif.; L. H. Ballard, N. Y.; Mrs. M. J. Foster, Ill.; Adelaide Chipman, Ill.; Ben Drayton, Ill.; John F. Maiera, Ill.; Mr. and Mrs. E. Macey Van Guilder, Mo.; Mr. and Mrs. W. H. Crawford, Africa; Mrs. J. S. Torbert, O.; R. C. Packard, Fla.; D. P. Bryson, Mich.; E. Marion Hinehline, Mont.; W. H. Taylor, Ill.; Kittie Council, Ill.; Miss Antoma Abrams, La.; Mrs. C. E. Iden, City; Ralph C. Kennedy, Ariz.; Mr. and Mrs. G. H. Highland, O.; L. H. Faulk, O.; Julia E. Rogers, N. Y.; Mrs. Edw. L. Holmes, Mich.; Mrs. Abbie D. Vedder, Mich.; Blanche Rush, Tenn.; P. L. Nathan, Tex.; Mrs. Lee Hunt, Ill.; Edw. W. Keisker, Ill.; T. C. Jasper and wife, Tex.; George W. List, Ark.; M. D. Dix and wife, Ill.; Wm. White, Ky.; Mrs. Geo. B. V. Schaaf, Ind.; F. A. M. C. and Grace Vaniman, Kans.; Olle McKee, O.; James H. Wingfield, Wash.; H. and A. B. Anthony, Ill.; Mrs. C. N. Cottin, N. Mex.; Miss Coden, N. Mex.; Mrs. A. C. Nicholas, Mo.; Mrs. J. M. Evan, Mo.; Mrs. C. K. Mills, Ill.; Miss M. Linkham, Mass.; Mr. L. A. Mills, Ill.; C. W. Glover, Ill.; May Hiatt, Ill.; Miss Margaret Waters, Ill.; A. J. Mitchell, O.; W. M. Hardy and child, Mich.; Mrs. H. W. McGrew, O.; Mrs. M. M. Heleer, O.; Miss Mary McClure, N. Y.; S. S. McClure, N. Y.; Charles Hoyt, O.; G. H. Campbell, Mont.; D. J. Martin and wife, Cal.; Mrs. O. W. Richardson, Ill.; H. C. Doan, M. D. and wife, Ia.; C. B. Stephenson, Ind.; Ben Emmich, Miss.; H. H. Henley and wife, Ia.; J. V. Henley, Ia.; F. C. Johnson, Ill.

BATTLE CREEK SANITARIUM SCHOOL OF PHYSICAL EDUCATION

Special Summer Course of Ten Weeks, from June 30th to September 10th, 1909

The Board of Directors of the Battle Creek Sanitarium have organized this school in order to crystalize the work in Scientific Massage, Swedish Gymnastics, Manual Movements, and general educational work along the lines of right living. This work has been carried on continuously for more than thirty years in connection with the gymnasium, lecture and class work for the patients, nurses, students, and general help of the Battle Creek Sanitarium. The summer course will be especially adapted to the convenience of teachers, university students, and others desiring a change of vocation and rest, while at the same time earning their expenses and pursuing a profitable course of study.

The following subjects will be given: ANATOMY, HISTOLOGY, PHYSIOLOGY and HYGIENE, HYDROTHERAPY, MASSAGE, FIRST AID and EMERGENCY NURSING, DIETETICS, PHYSICAL DIAGNOSIS and ANTHROPOMETRY, GYMNASIAC NOMENCLATURE and TACTICS, GENERAL GYMNASIACS and MARCHING, MAT WORK and TUMBLING, APPARATUS WORK, WRESTLING and FENCING, CORRECTIVE EXERCISES and MANUAL SWEDISH MOVEMENTS, and ATHLETICS and FIELD WORK.

The tuition for the ten weeks' course is \$20.00. By working from three to six hours a day, each student will be able to pay practically all of his running expenses. An opportunity for such work will be offered in the various departments of the Sanitarium.

Any who are interested will be sent illustrated announcement with further details on request. Address,

The Battle Creek Sanitarium School of Physical Education
BATTLE CREEK, - - - MICHIGAN

THE BATTLE CREEK IDEA



Vol. II No. 30

BATTLE CREEK MICH. JULY 2 1909

Price 2 Cents

POST-OPERATIVE CARE WITHOUT USE OF DRUGS

A Paper Read By Miss Charlotte Dancy
before the National Nurses'
Association in Minneapolis

It is my wish to direct your attention to some physiologic methods of caring for patients who have undergone surgical operations. By physiologic methods I mean those which aim to obey and fulfil the natural laws of the body as we

WHAT IS WORTH WHILE? AND IS IT WORTH WHILE?

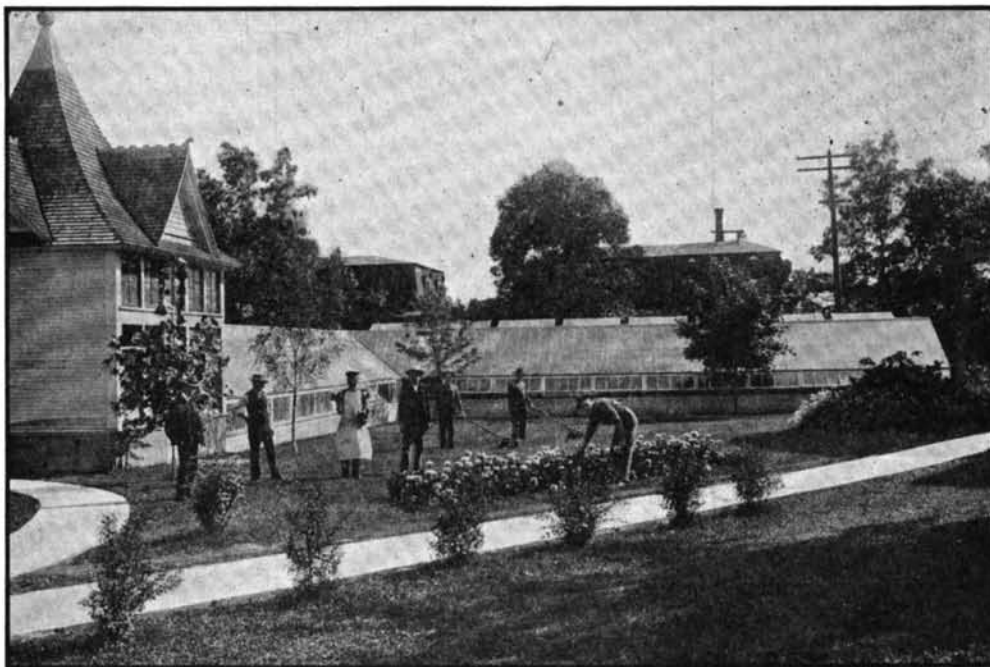
Address Delivered at the Eleventh Annual
Commencement Exercises of the
A. M. M. College

THESE dear friends have come to the parting of the ways. They have spent years in qualifying for their life work of ministry; and now what? In a sense the period of preparation is past, but do not let the power of acquisition

HOW FRIENDLY GERMS FIGHT OUR BATTLES

Dr. J. H. Kellogg Tells the Sanitarium
Guests About the Origin and Nature
of the Bacillus Bulgaricus

YOGURT is just now creating a good deal of interest, and many people are inquiring about it. I had a letter a day or two ago from a large Southern city, saying that the Board of Health had recommended the use of yogurt,



LAWN IN REAR OF SANITARIUM

know them, which aim to bring about natural conditions under unnatural circumstances. To do this I shall have to refer to what is done at the Battle Creek Sanitarium, an institution whose object in existence is that it may bring under one roof all the physiologic methods culled from various parts of the world, and may educate the people in these methods, and at the same time may discountenance anything, whether in habit of life, dress, food, medicine, or treatment of disease, which is unphysiologic.

To wisely care for an operative case, one tries to bring about healthful conditions; but what is health? We have come to consider that a good definition of health is, Pure blood freely

(Continued on page 5)

pass from you. The question I would like to ask is, What is worth while? and is it worth while? My answer to the question, and I am sure yours is also, is that saving a lost world is worth while. The material things of this life perish; but a life influenced for eternity, that is worth while. You have chosen what I have indicated as being worth while. You have consecrated your lives to service. In distant places the abundant opportunities will bring out and develop in you a fuller and a broader life. In giving to others and serving, you will receive and grow. Opportunity brings out or develops capacity.

Our command, "Go!" leads us forward, but,
(Continued on page 2)

and the writer, who is the manager of a very large ice-cream company, wanted to have the formula sent to him, so they could manufacture yogurt and deliver it to the people at their homes. The question has been asked, How long does yogurt live after entering the stomach? The special virtue of yogurt is that it does not die in the stomach. The normal stomach has the power to kill most germs. That is why most of us are alive. Probably we all should have been dead with typhoid fever long ago if it had not been for that fact.

The yogurt bacillus is a friendly germ and has the power to survive in the stomach and intestine under conditions in which other germs die. Ordinary sour-milk germs are beneficial.

Original from

UNIVERSITY OF MICHIGAN

In fact sour milk is a great deal more wholesome than sweet milk. If the milk is sour it is not so likely to have typhoid fever germs, tubercular germs and other harmful germs, growing in it, because the lactic acid kills these dangerous germs. It is for this that yogurt ferment is beneficial. It is a more powerful germ than the ordinary sour-milk germ. It has been in vogue in Oriental countries for centuries. Abraham fed yogurt to the angels when they called on him. They put the fresh milk with yogurt into a goat skin and churn it up together, and allow it to sour with the yogurt bacillus. When in Constantinople and Cairo, every morning I saw men going through the streets with yokes upon their shoulders, and suspended from the ends of these yokes were a number of flat earthenware dishes filled with yogurt, and they would go from house to house selling it. Among the Bulgarians the milk is boiled down one half or more, then it is inoculated, great care being taken not to break the scum on top. They raise the skin a little on the side, put some yogurt germs underneath, lay it back, cover it up with a blanket to keep it warm, and at the end of ten or twelve hours it is very nice yogurt. It has the consistency of custard, and a very delicious flavor when prepared in this way. Every Hungarian, Bulgarian and Macedonian peasant woman knows how to make yogurt. They take great care to keep the ferment clean and pure. Through a friend living in Sofia, I obtained specimens of the original Bulgarian ferment, and we have taken great care to keep it pure. We made a careful study of the different specimens that we received, and found seven friendly germs of different sorts; and three out of these seven we have selected as producing the best results.

One of them is a peculiar kind of yeast that does not produce alcohol but lactic acid; another is a little germ known as the *Streptococcus lactis*, and the other is the *Bacillus Bulgaricus*—those three are cultivated together, and form the yogurt ferment. When yogurt is taken into the stomach along with other food, probably some of it is digested with the food, but it mostly goes out of the stomach with the food which is passed on as the process of digestion proceeds, and reaches the intestine before gastric juice has been secreted in sufficient quantity to destroy the bacilli; and when they once get into the intestine, they are perfectly safe, as there is nothing there to destroy them. It is particularly necessary that this yogurt bacillus should find it way down to the lower end of the alimentary canal.

The *Bacillus Bulgaricus* is one of the largest germs that have been discovered and it is a very hardy, resistant germ. This is important, for although there are no acids to destroy them, they do not have a very favorable place to live, in the lower part of the small intestine and the large intestine, where the unfriendly germs are most abundant. But the *Bacillus Bulgaricus* has the power to resist these germs. Ordinary sour milk or buttermilk germs are not liable to live there. There are very few germs found in the stomach; there are more in the small intestine; the number increases all the way down the twenty-five feet of small intestine until the colon is reached, where the number of germs is the very largest of all. Here is where the alimentary remains accumulate and the warmth and moisture encourage putrefaction, and thus poisons are formed in enormous quantities. The wonder is that any of us are alive. It is only because we have certain organs—the liver and kidneys particularly—which defend us against these poisons, that we are able to live at all. The yogurt germs have been found living in the colon several months after a person had ceased to take the ferment, so you see it has great power of endurance. These are not the orig-

inal germs, of course, but those that have multiplied and grown from them. It is necessary, however, in order to get the best results from yogurt, to use it in connection with every meal, because these unfriendly germs, the germs of putrefaction, have become so thoroughly rooted and grounded in the human alimentary canal because of the long use of flesh food that it is almost utterly impossible to get rid of them.

Flesh-eating is one of the cardinal evils of our present diet system, and that is the reason why I spend so much time in talking about it. Almost everybody who comes here is suffering from intestinal auto-intoxication. It is not a *fad* of ours to treat intestinal auto-intoxication, but we have discovered that that is the fundamental thing that underlies a large share of all the chronic ills from which people suffer. We must get at the root of our troubles, or else we are not going to accomplish anything worth while. Suppose a man has headache. It is easy enough to stop that. You know bromo-seltzer will often do it.

Here is a man who feels all run down; he wishes he could get himself up to the point where he could do business, so he goes to the doctor and says he is run down, thinks he is getting nervous prostration, and asks the doctor to give him something to brace him up. "Oh, yes," the doctor says, and he gives him some strychnia pills, and the man feels like another man. He gets up each morning, takes strychnia pills, and as one man told me, he felt like a steel trap after he had taken a dose of those pills. So with the bromides and arsenic and the entire list of drugs.

Now, we must not deceive ourselves. It is important to know that there is a difference between picking the leaves off a tree and pulling the tree up by the roots. There is a difference between cutting the Canada thistle down with a scythe and digging it up and burning it. These bad symptoms we have, these distressing symptoms, miserable ailments from which thousands of men and women all over the country are suffering and dying, only indicate the evil ways into which people have fallen. There is no really good reason for this. Sickness grows out of wrong habits of life. This enormous loss and waste of energy and life and health is due to pernicious habits; it is because we do not eat right; do not behave properly, do not treat ourselves as we ought.

Instead of trying to smother those friendly warnings which we call symptoms, and by so doing poisoning and debilitating our systems, let us search deep for the source of our troubles and direct our efforts to removing the cause of the disease. Disease is not the enemy that threatens us. It is our thoughtless, sinful habits—habits of eating and living—that bring us distress. The introduction of yogurt is one of the means by which we combat the evil effects of the habits entailed upon us by many generations of custom.

WHAT IS WORTH WHILE?

(Continued from page 1)

perchance, some may be called to tarry; we know not. Each must decide for him or herself. In illustrating this thought, pardon a personal allusion. I had spent years in preparation to be a medical missionary. I had no doubt whatever, for was it not settled, after much consideration and prayer! In the years of preparation, I had always assured those who asked me, Yes, I am to be a medical missionary. But I came, as you to-night, to the parting of the ways. The hall-mark was put upon me and I was ready to go, but I do not know why, per-

haps there was some pride in the heart, perhaps the Lord wanted to try me, but as I offered myself to one society, then another, with a notorious refusal, I began to feel that I was not to go. It was a disappointment, but, at last, with a glad submission, I made arrangements to stay at home, having the assurance that I could serve Him here as well as in the beyond.

The invitation to go came through your honored chaplain, Dr. Dowkott; yet, like Gideon, I put the test to God. It seemed then as if I was thrust out, and I believe every one of you will be directed who truly and faithfully puts himself or herself under his care. And let me testify right here that he has been with me, and success through him has been my portion since I left for Arabia fifteen years ago.

You will find no easy place in the East. All such are held down by some one before you. You can starve there as well as here. But if you are looking for service, something hard—then I invite you to the foreign fields. Arabia, the land once the center of intellect and power, the birthplace of astronomy, chemistry, arithmetic, medicine; now behold the ignorance, crime, vice! In Arabia you come into battle royal with the only faith which has successfully opposed the faith of my God and your God. When Mohammed was born, Christianity had extended westward to the Atlantic, eastward to the Pacific, northward and southward. This faith which had its birth in Arabia is also an aggressive faith and even now is gaining adherents. The people with the faith of the half-truth will not listen in their arrogance to anything we can say. They repeat anything which indicates any inferiority in their religion. How can we approach them so that they will listen to our testimony? Only by our lives. They know not the meaning of love. They believe that God is a God of power only; that he is not even altogether a God of truth. What he says to-day is true, but he may say the opposite to-morrow, which is also true.

Come over and help us, and let us show his love by exemplifying his love in our lives. Come over and let us labor for him and under his banner; for is not his banner service and love?

There is work enough for many more. Last year in Basra only, there were given over eighteen thousand medical treatments. There were two hundred and fifty major operations, and I may say countless minor ones. One physician, a clerk, a trained nurse, and an evangelistic woman missionary did it all. There is no bringing in the patient already prepared, no turning over the patient to some one else to have the wounds closed and dressed; but the one man must do it all with the nurse to assist, with the evangelist to give the anesthetic, which in the year 1908 was administered over three hundred times.

We have been able not only to relieve physical suffering, but by the opportunity created by the physical need we have been able to give the help which satisfies the spiritual nature. And what of the social privileges? Your isolation, if so be your lot, may be but the means of bringing you into closer contact with Him, and you will hold sweet fellowship. Or, perchance, he may come to you in a night vision and give you rest and strength; or, as has been our fortune, an opportunity may present itself for you to visit other stations which will give you physical and spiritual refreshment. He has promised, "Lo, I am with you always; go, evangelize"—that is love of nations. He leads on to victory and success. But what to me is the best recompense is the fact that we are co-workers with Him who gave himself for us, and who said, "If ye love me, keep (that is, do) my commandments."

ON A PATIENT KILLED BY A CANCER QUACK—AN EPITAPH

Written over one hundred years ago by Dr. Lemuel Hopkins, of Waterbury, Conn.

HERE lies a fool flat on his back,
The victim of a cancer quack;
Who lost his money and his life,
By plaster, caustic, and by knife.
The case was this—a pimple rose,
Southeast a little of his nose;
Which daily reddened and grew bigger,
As too much drinking gave it vigor;
A score of gossips soon ensure
Full threescore different modes of cure;
But yet the full-fed pimple still
Defied all petticoated skill;
When fortune led him to peruse
A hand-bill in the weekly news;
Sign'd by six fools of different sorts,
All cured of cancers made of warts;
Who recommend with due submission,
This cancer-monger as magician;
Fear wing'd his flight to find the quack,
And prove his cancer-curing knack;
But on his way he found another,—
A second advertising brother:
But as much like him as an owl
Is unlike every handsome fowl:
Whose fame had raised him as broad a fog,
And of the two the greater hog;
Who used a still more magic plaster,
That sweat forsooth and cured the faster.
The doctor viewed, with moony eyes
And scowled up face, the pimple's size;
Then christen'd it in solemn answer,
And cried, "This pimple's name is cancer;
But courage, friend, I see you're pale,
My sweating plasters never fail;
I've sweated hundreds out with ease,
With roots as long as maple trees;
And never fail'd in all my trials—
Behold these samples here in vials!
Preserved to show my wondrous merits,
Just as my liver is—in spirits.
For twenty joes the cure is done—"
The bargain struck, the plaster on,
Which gnaw'd the cancer at its leisure,
And pain'd his face above all measure.
But still the pimple spread the faster,
And swelled like toad that meets disaster.
Thus foil'd the doctor gravely swore,
It was a righ-rose cancer sore:
Then stuck his probe beneath the beard,
And show'd him where the leaves appear'd;
And raised the patient's drooping spirits,—
By praising up the plaster's merits.
Quoth he, "The roots now scarcely stick—
I'll fetch her out like crab or tick;
And make it rendezvous, next trial,
With six more plagues in my old vial."
Then next applied the infernal caustic.
The next applied the infernal caustic.
But yet, this semblance bright of hell
Served but to make the patient yell;
And, gnawing on with fiery pace,
Devour'd one broadside of his face—
"Courage, 'tis done," the doctor cried,
And quick the incision knife applied!
That with three cuts, made such a hole,
Out flew the patient's tortured soul!
Go readers, gentle, eke and simple,
If you have wart, or corn or pimple;
To quack infallible apply;
Here's room enough for you to lie.
His skill triumphant still prevails,
For death's a cure that never fails.

DISPENSARY REPORT

FOR the week ending June 26, 1909, the following report of work in submitted:

Patients enrolled.....	41
Consultations	94
Examinations	10
Surgical dressings.....	40
Office treatments	3
Operations	1
Bath-room treatments	99
Massage	5
Phototherapy	28
Swedish mechanical	3
Outside Work	
Nurse's visits	67
Families visited	23
New families on list.....	2
Total number on list.....	76
Treatments given	12
Families assisted by clothing.....	3
Families assisted by food.....	4
Garments received.....	20

Garments distributed.....	25
Orders for food.....	4
Laboratory	15

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Valparaiso and return, 2.25

South Bend and return, \$1.60
Cassopolis and return, 1.00

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The D & C Lake Lines operate daily trips between Buffalo and Detroit, Cleveland and Detroit, four trips weekly between Toledo, Detroit, Mackinac and wayports, and two trips weekly between Detroit, Bay City, Saginaw and wayports. A Cleveland to Mackinac special steamer will be operated from June 15th to September 10th, leaving Cleveland direct for Mackinac stopping at Detroit enroute every trip and at Godenich, Ont., every other trip. Special daylight trip between Detroit and Cleveland during July and August. Send 2 cent stamp for illustrated pamphlet and Great Lakes Map. Address: L. G. Lewis, G. P. A., Detroit, Mich.

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Six Months	- - -	.50
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Per Copy	- - -	.02

VOL. II JULY 2, 1909 No. 30

HOW WE TAKE IT

THE old saw ran:

"This world is not so bad a world as some would like to make it;
And whether it seems bad or good depends on how we take it."

And so it is with each one—life becomes largely what we make it. A good Providence gives us life and provides for its preservation and comfort. The means of a happy, pleasant, successful life are placed within easy reach, so that no one need fail to attain to the best there is in life. It depends first upon our properly estimating real success in life. There are ways that seem right and prosperous which produce death and suffering, but the real paths of peace and joy are open and accessible to all.

The conditions of true happiness and contentment are found in simplicity. Simplify the ideas of life, simplify the demands of the body, simplify the home-life and the conventionalities of society; make the conceptions of life simple, and become natural in our relations and conduct, and then we shall have eliminated most of the sources of trouble. Especially at this time of year should the life be simple and devoid of mere show and sensuous gratification. Nature clearly indicates this in providing abundantly the delicious fruits of our summer season, coming as they do in a continuous procession of luscious loveliness. Our tables may be abundantly supplied from our gardens. Simplicity in diet, temperance in eating and drinking, abstinence from those harmful things that irritate and excite the system, creating heat in the blood and petulance in the temper, will go far toward making life the delightful thing that our Heavenly Father designed it to be. Fretting and stewing over foolish or fancied troubles, scolding the weather, and working one'sself into a fervent sweat in trying to fan away the heat of the sun while the inward fires of discontent are briskly burning is a vain way to keep cool.

Put yourself at peace with God and man, learn to count your blessings, live simply, and don't fret, and see how happy and joyful the whole world becomes.

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The Sanitarium Pulpit

ON Sabbath, June 26, the Sanitarium pulpit was occupied in the morning by Pastor A. T. Jones, who spoke from the words of the apostle in 2 Cor. 6:16, "I will dwell in them and walk in them and I will be their God and they shall be my people." In olden times God dwelt with his people in the temple, where his presence was continually manifested. The tabernacle, where in the wilderness experience God manifested his presence, was pitched in the midst of the camp, and the temple was located in Jerusalem, in the midst of the land. The object of the temple was to provide a dwelling-place for God, as he himself said, "Let them make me a sanctuary that I may dwell among them." The presence of God constituted it a very holy, sacred place, and indeed the presence of God sanctifies every place. The temple was but a symbol of the great truth that God designs and desires to dwell in the hearts of his people individually. Of this truth the Saviour gave us a view when he said, "Destroy this temple and in three days I will build it up again." We are told that he spoke of the temple of his body, and the apostle Paul states very emphatically and repeatedly this truth, that we are the temple of the living God, that we are not our own, and that he designs to dwell in the hearts of his people.

The indwelling of the divine presence was a central truth in the teachings of our Saviour. "If any man love me he will keep my words and my Father will love him and we will come unto him and make our abode with him." No longer in temples made with hands does God seek his special dwelling-place, but desires rather to be enthroned in the hearts of his faithful children. The gospel is directed not to people in masses or in tribes, but to the individual, and He promises to dwell in the hearts of the contrite ones who trust in him and walk humbly in his sight.

That he may consistently manifest himself in us, it is necessary that the body be preserved blameless, that the life be harmonious with the principles of godliness. Not that we should make ourselves good in order that God may dwell in us, but he desires to dwell in us in order that we may be good, and that we may become fit temples for the indwelling of his Spirit.

In the afternoon a lawn service was held, which was addressed by Dr. T. W. W. Crawford, a medical missionary from British East Africa, under the Church Missionary Society. Dr. Crawford and his talented wife have been in that country, isolated from white people and dwelling amongst the crude savages, for five years. They are now at the Sanitarium for the purpose of recruiting Mrs. Crawford's health.

In his remarks, Dr. Crawford gave a very interesting account of the country and people. His station is within ten miles of the plains on which Ex-President Roosevelt is hunting, the greatest game region in the world. As a reason why game is so abundant, Dr. Crawford stated the fact that the members of that particular tribe are vegetarians and do not indulge in the killing or eating of game—consequently the wild animals are permitted to live and become abundant.

Dr. Crawford gave thirty-six medical treatments during the last year of his service, and he states that in all the five years he has not observed one case of cancer or malignant growth, whilst a neighboring tribe which uses meat are particularly subject to such maladies.

Dr. Crawford gave many interesting items concerning his work, showing how the light of the gospel is now penetrating the darkest corners of the earth.

They that wait for Jehovah shall renew their strength; they shall mount up with wings as eagles; they shall run and not be weary; they shall walk and not faint.—*Isaiah 40:31.*

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It tells about this wonderful system and is very interesting. The life it recommends, you can live in your own home. You ought to read the book. Nowhere else are so many specialists studying this one thing—how to get well and stay well, and the basis of all this is right food, right living, keeping the stomach right. All this we explain in our book. Isn't it worth the mere effort of writing us, simply to know?

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OPENING OF THE SCHOOL OF PHYSICAL EDUCATION

Opening of the Sanitarium Summer School
of Physical Education, Wednesday,
June 30th

THE opening exercises of the Sanitarium Summer School of Physical Education will be held in the Sanitarium gymnasium at 2 o'clock, Wednesday, June 30. A large number of students have enrolled for this work, and will be present. Addresses will be made by several members of the faculty. This school, which has crystalized the gymnasium work that has been conducted in the Sanitarium for the past thirty years, promises to be one of the most successful features of this work. The management has spared no pains or expense in installing new apparatus for educational Swedish work and in adding further equipment to the outdoor gymnasium. For field athletics a complete equipment of apparatus has been purchased.

The regular program of the school, beginning Thursday morning, July 1, is as follows:

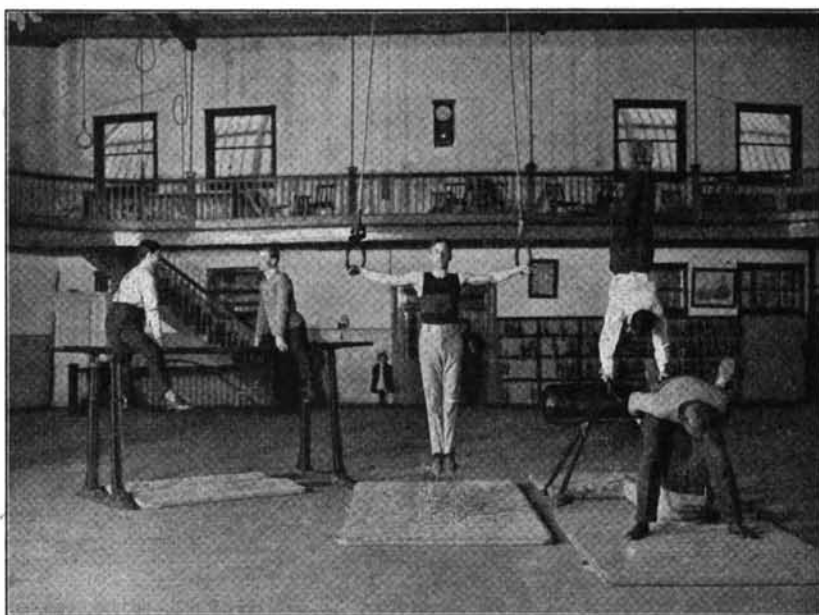
- 9:00-10:00—Didactic class and lecture. Tactics and nomenclature, A. R. T. Winjum, teacher, entire ten weeks every other day. Physical diagnosis and anthropometry, Dr. Tell Berggren, teacher, for six weeks every other day. Dietetics, Dr. J. T. Case, teacher, for four weeks, every other day.
- 10:00-11:00—Practical work in the gymnasium. General gymnastics and marching, A. R. T. Winjum, teacher, entire ten weeks, every other day. Educational Swedish Gymnastics, Dr. Tell Berggren, teacher, entire ten weeks, every other day.
- 2:00-2:50—Didactic class and lecture. Hydrotherapy, Dr. J. T. Case, teacher, for five weeks, three times weekly. First aid and emergency nursing, Dr. J. F. Morse, teacher, for entire ten weeks, twice a week. Massage and manual Swedish movements, Dr. Tell Berggren, teacher, for five weeks, three times weekly.
- 2:50-3:40—Didactic class and lecture. Anatomy. Histology, Dr. B. N. Colver, teacher, for entire ten weeks daily—correlated.
- 3:40-4:20—Physiology.
- 4:20-5:10—Practical work in the gymnasium—heavy apparatus, mat work and tumbling, wrestling, fencing and swimming.
- 5:10-6:00—Practical work in the gymnasium—Athletics and field work, A. R. T. Winjum, teacher, daily for entire ten weeks. Games, Indian clubs and fancy drills, Misses Wade and McKenzie, teachers.

POST-OPERATIVE CARE

(Continued from page 1)

circulating in all parts of the body. Realizing the great power of the blood as the body's natural defender against invasion, and restorer after injury, when one deliberately plans to cut the body, to perhaps remove some part of it, to risk an infection, and to lower the vital resistance by anesthesia, it is reasonable to turn one's attention to the condition and circulation of the patient's blood before, during and after the operation.

The subject for an operation is not likely to have either a high opsonic index or a perfect circulation of the blood in every organ of the body. What can be done to raise the opsonic



PHYSICAL CULTURE STUDENTS EXERCISING

index and to bring about a free circulation of pure blood? When Dr. Wright first made known his discovery of the opsonins, tests were made of the various drugs in common use to decide their effect upon the fighting power of the blood. Barely a single one was found. Protocolein slightly increased the opsonins, but this must be considered as a food rather than a

drug in the ordinary sense of the word. The attention was then turned to the bath, and it was found that by reaction to a cold bath, the patient's power of resistance was increased. Also that alternate hot and cold applications raised the opsonic index. As to the circulation, it is well known that applications of cloths wrung from water at a

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temperature above 98° stimulate the vaso-dilators of the skin and reflexly those of the deep-seated organs. Applications at a temperature below 92° stimulate the vaso-constrictors of the skin and reflexly those of the deep-lying organs. Applications of water between 92° and 98° are neutral in their effect, and so the nervous organism of the patient may be rested.

Having given our patients the usual preparation for anesthesia, we begin on the anesthetic table to control the heart's action and to establish and keep a free circulation of the blood through the lungs. This we do by putting a compress of several thicknesses of gauze wrung dry from ice water on the front chest, and covering it with two thicknesses of flannel. Renew every five to fifteen minutes, giving a short friction with the hand between applications. Continue this throughout the operation. After operation, while the patient is still partly under anesthesia, we give a lavage to empty the stomach of mucus, bile, excreted ether, etc. This we find lessens nausea and vomiting to a remarkable degree. After being bandaged, the patient is taken at once to a bed prepared with a hot hip and leg pack; a saline enema, one pint at 110°, is given. Then the pack is drawn over the patient. This keeps the patient warm and also diverts blood to the extremities, preventing congestion of the viscera, or at the seat of operation, and lessening pain. At the same time a short, very hot compress or fomentation is applied to the front of the chest for one minute, to dilate the skin blood vessels and draw the blood to the surface. This is followed by a short, vigorous, cold friction to the chest and arms. The cold contracts both the skin vessels and the deeper vessels, the friction assists the body to react to the cold, and reaction to cold is at all times tonic, increasing the leucocytes and raising the opsonic index. A moist cold compress is now applied to both front and back chest, and snugly covered with two thicknesses of heavy flannel. The cold friction is given to the arms, which are then covered by sleeves pinned to the flannel chest pack. This procedure takes a shorter time to do than to tell about it. During this time the hips and legs have been kept in the warm pack. Now uncover, and apply the tonic cold friction to each leg, drying and wrapping either in a wet gauze compress or a dry muslin compress, covered by two thicknesses of flannel. If put on dry, these are for warmth; if moist, they keep a constant interchange of blood going on in the area which they cover. All these measures have been establishing a free circulation of blood, preventing congestion, lessening pain, and building up the fighting power of the blood.

But in spite of all this there will be pain, and some treatment to the wound itself becomes necessary. Heat being the most soothing treatment, or an alternation of hot and cold, a very good way to apply it is by means of luminous rays of light, a photophore or arc light, directed to the parts over the dressings. The rays pene-

trate through the dressing to the wound and into the deeper tissues, relieving pain, preventing adhesions and other sequelae of the knife. The heat may be alternated with cold by laying a piece of mackintosh or oiled silk over the dressings, and placing two or three light-weight ice bags over this for about the same length of time or two-thirds the length of time that the heat was applied. In perineal wounds the electric light may be used, or an application of sterile gauze wrung from hot boracic acid solution placed directly over the stitches and covered with three applications of the flannel fomentation. For backache and other pains, following a strained position, the fomentation or the radiant heat are invaluable. As a heart tonic, the ice bag is the chief thing in use.

The list of treatments outlined are all repeated every three hours the first day, and during the night if the patient is awake; three times a day the second day and night, and the morning of the third day. After this they are replaced by some simpler form of treatment and a daily increasing massage when there is

no fever. Of course, the treatment is varied according to the operation and to suit the need of different cases. The hip and leg pack is administered by means of a blanket wrung out of hot water or better by the thermophore blanket, heated up by the electrical resistance of the wires woven into the blanket. This is our chief reliance in relieving the pain which follows abdominal operation, and is found equally valuable in combating any tendency to post-operative pneumonia.

Under the method of treatment above outlined post-operative pneumonia is a very rare occurrence. By means of the applications of heat to the lower extremities we dispense with anodines almost entirely. It is only in extreme cases that they are required, hence we do not have to combat their deleterious influence upon the bowels. After the most severe abdominal operations patients seldom fail to get several hours good refreshing sleep. It is only in extreme cases that anodines are found necessary in addition to the various other measures used.

A word ought to be said here about the value

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of fresh air, sunlight, water drinking and diet as physiologic measures. But I shall only say that we use no flesh food, meat-juice, beef tea, or broths of any sort, no alcohol, no tea, no coffee, and that the low standard of protein is followed and all dietetic efforts possible are made to build up healthy blood. My observations have been that by these natural methods of treatment patients are made more comfortable during illness and the system is left in a more tonic condition than after treatment by drugs. Also the painful sequelae of operations are lessened, such as adhesions, phlebitis, neuritis, partial paralysis, etc., and convalescence is greatly hastened.

News Notes

M. V. O'Shea, professor of pedagogy in the Wisconsin University and a good friend of the Sanitarium and its work, was with us for a few days this week.

The swimming pool and out-door gymnasium are very well patronized by the patients during these warm pleasant days. Competent directors are always in charge to instruct and assist amateur swimmers.

Dr. J. E. Groff, of Rome, N. Y., a graduate of the A. M. M. C., and formerly associated with the medical work of the Sanitarium, has brought his wife to the Sanitarium for needed medical and surgical attention. We are very glad to report that Mrs. Groff is doing well.

Dr. Read and Pastor Jones have started a class for the newly arrived patients for the purpose of giving them general instruction in regard to the Sanitarium methods and principles. They are conducting quite successfully a Sunshine class in the fifth floor parlor. These classes seem to be very much appreciated by those in attendance.

It is with sorrow that we record the death of Mr. A. R. Henry of this city which occurred on the 26th inst. after a brief illness. Mr. Henry was, for many years, connected with the management of the Battle Creek Sanitarium as an active member of its Board of Trustees. He was universally respected as a man of sterling qualities, a sympathetic heart, and a sound sense of right. Mr. Henry was seventy years of age. His loss is deeply felt by a wide community.

THE Sanitarium Kindergarten under the charge of Miss Marguerite White, assisted by Miss Jordan, is again in full swing. The primary object of the school is to interest and instruct the children of Sanitarium guests and thus relieve the mothers. But other children are received on the same terms, one dollar per week. The program is exceedingly well arranged, and the little ones have excellent care. Next week we hope to give a full account of the program and operation of this good school.

Elder A. C. Wieand, president and founder of the Bethany Bible School of Chicago, is with us for a few weeks' rest and study of Sanitarium methods. Mr. Wieand is a profound stu-

dent of the Bible and a celebrated teacher of the Scriptures. He has traveled extensively in this and many other countries and is a man of broad education, being a graduate of celebrated schools in this and other countries. He is associated with the people known as Dunkards, several of whom are connected with the Sanitarium family as helpers and students.

Quite a number of Sanitarium doctors have been attending the Battle Creek Medical Club during the past year. The Club has recently closed and the officers for the ensuing year have been elected, Dr. Mortenson, of the Sanitarium staff, being elected president. This club is attended quite generally by all the physicians of the city, and each week the most important medical questions are considered. The subjects are usually discussed by all the doctors present, each one contributing from his experience such items of instruction or information as may be helpful.

The Sanitarium Sabbath School is prospering. It is very gratifying to find quite a number of patients taking an interest in the Sabbath School and helping both as teachers and in the discussion of the lessons in the various classes. The Baracca class for men, conducted by Dr. Eggleston, is constantly growing and great interest is manifested in Dr. Eggleston's

exposition of the lessons. The Philathea class for women is also very largely attended, the exposition of the lesson being conducted by Dr. Kellogg, assisted by Dr. Geisel, Mrs. Foy, Miss Bryant and others.

We are informed by letter from Dr. Colloran that Mrs. Belle Wood Comstock, who took the first three years of the medical course in the American Medical Missionary College, has finished her course, taking the fourth and last year at the Southern California University. In handing out the diplomas the president remarked that because she had spent but one year in the school, Mrs. Comstock was debarred from receiving the gold medal, but that she was entitled to special honorable mention on account of the high standing she had attained in all her work. This is gratifying to her classmates and teachers here, and is a testimonial to the excellent work done in the A. M. M. C.

Dr. M. C. Wilcox, for twenty-five years a missionary in China, now at the Sanitarium, received recently, a letter from a fellow-worker in China which states that the Chinese are awakening to the evils of the cigarette and are opposing its importation. The letter was written from Foochow, and says: "Just now there is a great stir over the introduction of cigarettes. The Chinese are fighting the thing with all their might. A mass meeting will be held to-morrow night in the largest church in the country and will be addressed by Bishop Lewis and Mrs. Stevenson of the Woman's Foreign Mission Society." Our sympathies go out for the poor Chinese in their struggle against opium and the deadly cigarette. Mr. Wilcox is translating into Chinese a book setting forth the principles of the Battle Creek Sanitarium System.

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PERSONALS

J. Clyde Murray, a student from Ann Arbor, spent the past week at the Sanitarium visiting his cousin, Dr. Leslie Frazier.

Mrs. Geo. P. Hughes, who has been a patient in the institution for several weeks, has returned to her home in Gulfport, Miss.

Among the recent arrivals are Mr. and Mrs. Cook from Massachusetts. Mr. Cook was formerly a prominent business man in Philadelphia.

Mrs. Mary J. Wilson, of Washington, D. C., sister of Senator Henderson, is spending a few days at the Sanitarium. Mrs. Wilson was accompanied by her daughter.

Mrs. Lewis Manfull, of Springfield, O., has been visiting friends in the institution for the past few days. Mr. and Mrs. Manfull graduated from our Training School and are now engaged in private work in Springfield.

Dr. and Mrs. Bordman Read who have been attending the annual meeting of the American Medical Association in Atlantic City, stopped at the Sanitarium for a short visit en route to their home in California. Dr. Read is widely known in the West as an authority on dietetics and diseases of the stomach.

ARRIVALS

THE following is the list of arrivals at the Battle Creek Sanitarium for the week ending June 28: Lila Reed, O.; Mrs. Mary Corle, City; W. B. Brookfield, N. Y.; W. D. Crump, Tex.; G. Tufts, Jr., India; C. T. Painell, India; Mrs. D. L. Howell, Tenn.; S. R. Van Sant, Minn.; Mrs. T. I. Thomsen, Minn.; A. P. Waterfield, O.; P. E. Taylor, Mich.; Mrs. T. W. Mitchell,

China; M. Albertson, Fla.; Mrs. M. Albertson, Fla.; L. Veenlie, O.; Walter R. Mayer, Ind.; M. C. Wilcox and daughter, Ia.; Mrs. Simon Moomaw, Calif.; Howard Moomaw, Calif.; Mr. and Mrs. Harvey E. Platt, Pa.; Mrs. Elizabeth Stone, Mich.; Dr. Henry R. Harrower, Ill.; Mrs. M. E. Carter, Kans.; Miss Marjorie Carter, Kans.; W. H. Mitchell, Okla.; J. E. Raelun, M. D. W. Va.; J. R. LeSoyr, M. D.; W. Va.; Louis E. Atkinson, Pa.; Henry Cople, N. Y.; Mabel Stephens, Ky.; Mrs. Arnold Broyles, Ga.; Louise Broyles, Ga.; Frances Broyles, Ga.; Norris Broyles, Ga.; Mrs. J. M. McCullough, Ga.; Harriett McCullough, Ga.; Euphemia Winkler, Wis.; Gertrude M. Shoemaker, Ill.; Clark W. Green, Jr., Wis.; Mrs. F. E. Taylor, Mich.; Mrs. O. W. Peterson, Neb.; Miss Lela M. Marker, N. Y.; Miss Mattie Palmer, O.; Walter W. Voigt, Miss.; H. R. Long, P. R.; A. A. Grief, P. R.; W. B. Purdy, N. Y.; Mary and Florence Humphreys, O.; C. N. Sowers, Mich.; J. E. Curtis, Mich.; C. H. Brawford, Ia.; Mrs. Robt. Keith, Mo.; Edward and Frances Keith, Mo.; Allen M. Street and wife, Okla.; Josephine Stahl, Ill.; Mr. and Mrs. J. A. Madden and child, Okla.; Miss Hattie Miller, O.; Mrs. Flora S. Weeks, O.; Dava O. Weeks, O.; Joseph S. Wood, O.; Mrs. Woods, O.; J. J. Woods, O.; Robt. Doner and wife, O.; S. Gumbuy, Ill.; Dr. H. M. Goodsmith, Ill.; Bessie L. Reynolds, Calif.; G. M. Gardner and wife, Mont.; Jas. R. Baker, Ill.; W. M. Danner, Mass.; Sol Simon, Okla.; Leonie Schwid, Ill.; H. Beiden, N. D.; J. A. Downey, M. D., and wife, Ind.; L. M. Goodwin and nurse, Ind.; J. W. Sturm, Okla.; Geo. C. and Mrs. Frust, Ill.; Mrs. Small, Ill.; Mr. and Mrs. W. C. McCory, Ill.; Miss Scott McCray and Mrs. E. B. Horn, Ill.; Mrs. J. T. Glass and son, La.; Mrs. Damius Knoke, Ind.; W. H. Bowman and wife, Ill.; Mrs. C. C. Potter and daughter, Mich.; A. Herman Morrow, Pa.; Dr. Florel B. Tiffany, Mo.; Clark E. Carr, Ill.; C. H. Warden, Mich.;

H. S. Crowell, Mich.; C. N. Rotte, Mich.; W. H. Wnoe, N. Y.; A. Lowenthal, W. Y.; Levy Bray and wife, Ia.; H. Belden, S. Dak.; Mrs. B. F. S. Farman, Mich.; Edith M. Crane, China; Mrs. J. A. Cowray, Miss.; Miss Caroline Cowray, Miss.; Fred Hector, Jr., Pa.; Boardman Reed, M. D., Calif.; Mrs. Reed, Calif.; A. B. Minor, Neb.; Mrs. W. H. Jones, O.; Mr. and Mrs. E. S. Cook, Mass.; Orla Davis, W. Va.; W. L. Stephenson, Ind.; C. C. Kelly, Miss.; N. K. Kelly, Miss.; P. C. Bidpath, M. D., Ill.; J. W. Laurence, Mich.; Boyd Smith, Miss.; Miss Pearl Reid Skirvin, Okla.; Marguerite Skirvin, Okla.; Mrs. R. V. Neely, Tex.; Alma Neely, Tex.; Eugene Neely, Tex.; Miss Harriet C. Lamb, O.; Mrs. Lamb, O.; Barbara Cotton, Mex.; Mrs. Chas. I. Mills, Ill.; Dr. J. Groff, N. Y.; L. W. Lewis, Kans.; Miss Claudine S. and Miss Margaret P. Lewis, Kans.; H. W. Walker, Okla.; J. S. Lincoln, Ill.; D. M. Kimbrough and wife, Miss.; Mr. and Mrs. T. S. Abbott, Mexico; Prof. M. V. O'Shea, Wis.; John B. Baird, Okla.; J. F. Laderer, Kans.; Mrs. Chas. Hoyt, O.; Mrs. Geo. E. Moran, Ill.; Mr. and Mrs. E. C. McMurtry, Ind.; Mrs. A. L. Power, Mich.; Miss Aubrey E. Power, Mich.; J. W. Madden and family, Tex.; Mrs. Madden, Tex.; Mrs. John C. Bufer, Ky.; Mr. Wm. Schoff, O.; Chas. Anderson, Ill.; A. C. Geiras, Kans.; Levi G. Bareg, O.; Mr. and Mrs. P. V. R. Van Wych, N. J.; R. O. Campbell, Ga.; W. B. Tarmann, Tenn.; Mrs. J. W. Butcher, N. Y.; J. T. Mitchell and wife, Mo.; Misses Frances and Helen Mitchell, Mo.; R. H. Brown, Ala.; Joseph Hoag and wife, Mo.

If I were judge and called upon to name
The penance for each crime-convicted sinner,
I should inquire before I gauged his shame,
That evil day: "What did you have for dinner?"

BATTLE CREEK SANITARIUM SCHOOL OF PHYSICAL EDUCATION

Special Summer Course of Ten Weeks, from June 30th to September 10th, 1909

The Board of Directors of the Battle Creek Sanitarium have organized this school in order to crystalize the work in Scientific Massage, Swedish Gymnastics, Manual Movements, and general educational work along the lines of right living. This work has been carried on continuously for more than thirty years in connection with the gymnasium, lecture and class work for the patients, nurses, students, and general help of the Battle Creek Sanitarium. The summer course will be especially adapted to the convenience of teachers, university students, and others desiring a change of vocation and rest, while at the same time earning their expenses and pursuing a profitable course of study.

The following subjects will be given: ANATOMY, HISTOLOGY, PHYSIOLOGY and HYGIENE, HYDROTHERAPY, MASSAGE, FIRST AID and EMERGENCY NURSING, DIETETICS, PHYSICAL DIAGNOSIS and ANTHROPOMETRY, GYMNASIAC NOMENCLATURE and TACTICS, GENERAL GYMNASIACS and MARCHING, MAT WORK and TUMBLING, APPARATUS WORK, WRESTLING and FENCING, CORRECTIVE EXERCISES and MANUAL SWEDISH MOVEMENTS, and ATHLETICS and FIELD WORK.

The tuition for the ten weeks' course is \$20.00. By working from three to six hours a day, each student will be able to pay practically all of his running expenses. An opportunity for such work will be offered in the various departments of the Sanitarium.

Any who are interested will be sent illustrated announcement with further details on request. Address,

The Battle Creek Sanitarium School of Physical Education
BATTLE CREEK, - - - MICHIGAN

THE BATTLE CREEK IDEA



Vol. II No. 31

BATTLE CREEK MICH. JULY 9 1909

Price 2 Cents

FOOD ELEMENTS--THEIR ORIGIN AND CHARACTER

A Lecture Delivered by Dr. W. H. Riley
in the Sanitarium Parlor, June
30, 1909

THIS subject is one in which all are interested, and yet we have to say that through all the preceding years it has been greatly neglected; for while the farmer and stock-raiser take great pains to adopt a rational system of

A NEW FEATURE OF SANITARIUM EDUCATION

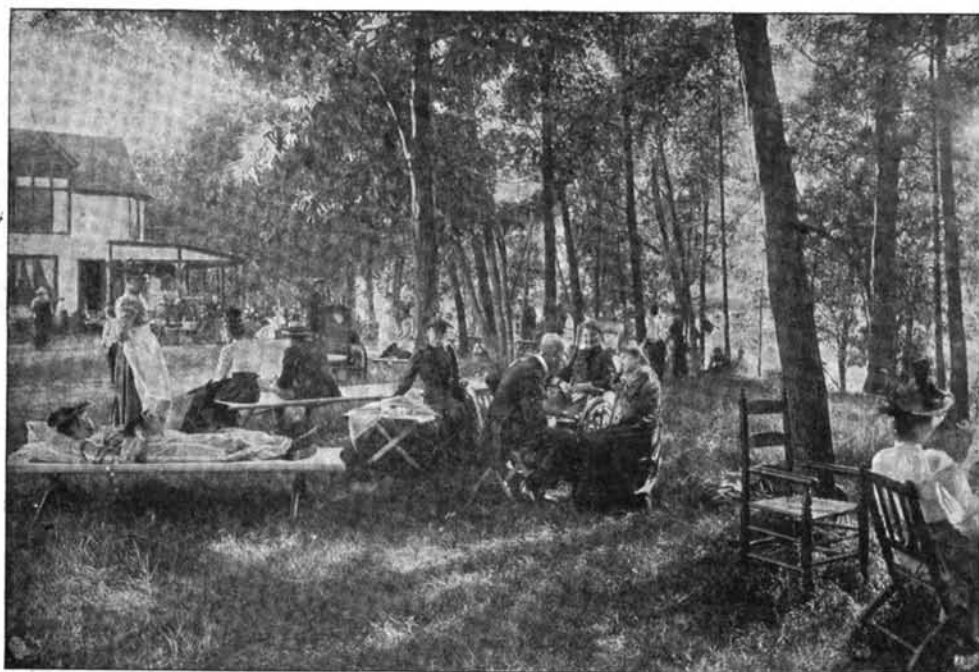
The Educational Work of the Battle Creek
Sanitarium Is Continually
Broadening

THE Battle Creek Sanitarium school of Physical Culture was formally opened at a meeting held in the main gymnasium on the afternoon of June 30, 1909. There was an attendance of nearly one hundred people who were directly in-

VITAL COEFFICIENTS AN INDEX OF STRENGTH

A Lecture to Sanitarium Guests and Patients in the Parlor by J. H.
Kellogg, M. D.

A COEFFICIENT is defined to be "any agent that unites its action with that of some other agent for the procuring of a certain result." A vital coefficient is the mathematical expression of the relative value of vital functions.



PATIENTS' OUTING AT THE SANITARIUM VILLA, GOGUAC LAKE

feeding their horses, cattle, and pigs, the proper feeding of the human family has received but little attention. On this occasion I shall aim at bringing before you only some of the fundamental considerations of the food question.

First, What is food? It is defined to be a substance containing elements that can be used in maintaining the body. A food must contain either material for constructing the body, or for producing bodily energy, or both. Just where to draw the line is in some cases a matter of question. Alcohol, for instance, is considered food by some, while others reject it from among food substances. The fact that alcohol is oxidized in the body is not evidence that it

(Continued on page 3)

terested in the matter in hand. The following members of the faculty were present: Dr. J. H. Kellogg, Superintendent; Dr. J. F. Morse, Dr. E. L. Eggleston, Dr. B. N. Colver, secretary, Dr. J. T. Case, Dr. Tell Berggren, Prof. A. T. R. Winjum, and Pastor Alonzo T. Jones.

The assembly was called to order by Dr. Kellogg who in a few well chosen remarks set forth the nature and object of the school in whose interests the meeting was held. We give an outline of these remarks as follows:

We hear a great deal about college athletics. We read in the newspapers of the men who have been maimed or killed outright by the rioting that is politely called football, but

(Continued on page 5)

By means of vital coefficients—a modern invention—we are able to measure a man. You may know how tall a man is without knowing anything about how much of a man he is. You may also know a man's weight and yet not know how much of a man he is. A man might weigh a quarter of a ton, and yet be of absolutely no use in the world; he might be dead. So the mere height and the mere weight of a person, the ordinary measurements we apply to people, really mean almost nothing in sizing up a man's capabilities. The thing that it is important to know is, What can the man do? What is his body capable of enduring?

The body is a machine; it is more than a machine. It is an institution full of machines.

UNIVERSITY OF MICHIGAN

It is more than that,—the body is a community with all its teeming interests. In a well-organized community you will find people of a great many different trades. There are blacksmiths, carpenters, shoemakers, harnessmakers, upholsterers, and those of various other trades and professions. It takes them all to make up a complete community. Thus the body may be represented as a community of people. Starting from one little original cell, this cell differentiates, spreads into groups; these groups take up different lines of work in the body, and by these groups represent the different kinds of activities carried on in the body. There is the brain, which does the thinking for us. There are the nerves—the telephone and telegraph system of which the brain is a sort of central station. The muscles are the mechanics. The brain and nerves control our muscles and move us about and enable the muscles to execute many and various movements. The bones are the levers and frame-work. Then there is the stomach which digests food, the liver which makes bile, and the kidneys which remove poisons. In fact, there is a great variety of activities going on in the body; every organ has its allotted work. There are organs that remove waste material—scavengers we may call them; there are rendering establishments that take unused refuse material, and convert it into something useful; there are organs which manufacture a great variety of substances. By means of coefficients we are able to express the results of the activities of these various communities of active living cells in the body. With the modern laboratory at his command the physician to-day is able to state the exact status of every one of the important functions of any human body.

MORE THAN SEVENTY

There are something more than seventy coefficients which are now studied at the Battle Creek Sanitarium, each one representing some important function of the body; and some of these are worked out by methods which have been developed in this institution. I think there is no one place in all the world where so many of these coefficients can be worked out, and where so many accurate, exact mathematical determinations can be made in relation to the condition of a man as are made here; for we have made them a specialty for a great many years. There are twenty-five coefficients relating to the blood and blood-pressure; there are fourteen relating to digestion; ten concerning the brain and nerves; fourteen with reference to the urinary secretion; and ten physical coefficients—those which relate to the muscles, the strength, the development of the body; making seventy-one in all.

Now let us see what we can learn by these different coefficients. First, we will speak of the blood. The blood is composed of cells floating in serum. There are two kinds of cells, the red cells and the white cells. In human beings the white cells are larger than the red, and the red are perfectly round. The blood is forced through the minute capillary tubes, which are only large enough to allow one cell to go through at a time, and sometimes they are not quite large enough for that. There are tubes so small indeed that only liquid can get through, and a power is required behind to crowd the blood through these minute vessels.

There are two or three different kinds of red cells, but there are many different kinds of white cells, and each one has its particular function in the body. These cells are made in different parts of the body, but most of them, the red cells in particular, are made in the bones. Bones are not simply a frame-work for the body, they are also the blood-making organs of the body; in the red marrow of the large

ends of the bones a large quantity of blood is made. White cells are made in the lymphatic glands and in the spleen, and possibly in the liver. There are also various organs where the blood is destroyed. There are some diseases in which certain of these white cells are increased in number. In certain diseased conditions the large cells will increase, while in other forms of disease the smaller ones will increase. So by a study of the blood and the proportion in which these cells are present we are able to form an exact opinion as to where the disease is and the particular form of the disease that is attacking the individual.

HOW TO DIAGNOSE

For instance, suppose a person has pain in the region of the appendix, and we want to know whether suppuration has taken place. If we find a great increase in the number of these little white cells, so that there are three or four times as many as normal, we may be certain that suppuration has taken place and an operation must be performed. Every patient that is operated on here has tests made of the blood. These tell just how the patient is getting along, because if there is anything going wrong with the patient—if there is any inflammation setting in, or any peritonitis, or anything else going bad,—there will be an increase in these cells, and that increase will quite often come unaccompanied by any other unfavorable symptoms; so we are able to take prompt measures. We will not stop the formation of these cells, because that is curative, but we will help nature to make more of them. We will go on with our cold rubbings and our hot applications, packings and various things for the purpose of stimulating the blood-making process, because that is the way in which nature keeps off the invading organisms.

The first blood coefficient is hemoglobin, the coloring matter of the blood. Healthy blood has a certain amount of coloring matter in it which is due to the red cells. These cells are not really red; they are amber color. The red color is due to a reflection of light through the surface of the cells. The hemoglobin should be up to a certain standard which is characteristic of health. On making a blood test we compare the color of the specimen with the normal color of the blood, and we frequently find it varies to a marked degree, from 100 all the way down to 90, 75, and 50, and I have seen it down as low as 15. That may mean one of two things—either that the red cells are not numerous enough or that they are poor in quality. The red cells ought to number about five million in a drop as big as the head of a pin. Suppose we should find the blood has five million red cells, but that the hemoglobin is only fifty. That means those red cells, although sufficient in number, are so deficient in quality that they do not make the proper sort of blood. There is only half as much coloring matter as they ought to have. What does that mean? The red coloring matter of red cells is what carries the oxygen from the lungs out into the tissues and so supplies the body with air. We may breathe plenty of air into our lungs, but it does not do us any good unless the blood takes up the oxygen and carries it out into the tissues where it is needed. If there is in each cell only half as much coloring matter as it ought to have, it will carry only half as much oxygen as it ought to. If we have only half as many cells in the body, the blood can carry only half as much oxygen. The result is just the same.

ONE WHITE CELL TO SIX HUNDRED RED CELLS

The normal number of white cells is about 7,500 in every minute drop of blood, but we

may find only half that number, which means that the body has not the power to defend itself, as these white cells are the defenders and the scavengers of the body. If they are deficient in number, unfriendly germs will invade the body in great numbers, and through rapid development will multiply, and produce poisons and disease; cancer parasites and various other things may come in; or, if these scavengers, whose task it is to eat up the waste material which lies about the body, are not present in sufficient numbers, waste matter accumulates and the blood vessels become choked.

The next blood coefficient is alkalinity. The blood is an alkaline substance, and the higher the alkalinity of the blood the healthier the blood is. When a person has rheumatism, it is because his blood alkalinity is diminished. In any sort of infectious disease the alkalinity of the blood is low, and the same is true in typhoid fever, tuberculosis, diabetes, gout, and nearly all chronic diseases. The alkalinity of the blood is low not because the person has rheumatism or gout, but he suffers from rheumatism because his blood alkalinity is low, which causes acid poisons to accumulate in the body. So the measure of the alkalinity of the blood is a measure of one's vital activity, or vital resistance. By testing the alkalinity of the blood it can be determined whether a person is likely to have an infectious disease or not, or to contract this malady or the other which is due to lowered alkalinity. A person who is suffering from eczema, boils, or pimples has lowered alkalinity.

The next coefficient of the blood is coagulability. The blood of a healthy person coagulates promptly in a certain number of minutes, while unhealthy blood does not coagulate with proper rapidity, and under certain conditions it does not coagulate at all. It is sometimes a serious risk to perform an operation upon a person who has jaundice from gall stones, because in that condition the blood sometimes will not coagulate, and so the bleeding will continue. In such a case the patient might bleed to death from the opening of a very small vessel in spite of all that could be done.

Next is specific gravity. By taking the specific gravity of the blood we may know something of the vital condition. It is not so important a coefficient as others, yet it is of value. The specific gravity of the blood is always changing. For instance, you are supposed to have ten pints of blood in your body. Then suppose you drink a pint of water. Now you have eleven pints of blood instead of ten, but you have no more blood cells, no more alkalinity, no more substance in the blood, than you had before. You have diluted the blood, and consequently your blood is one-tenth thinner than it was. It is one of the most important functions of the kidneys to regulate and maintain the proper specific gravity of the blood. So when too much water is drunk, the kidneys proceed to take that water out of the blood as rapidly as possible, and thus save the blood from being thinned too much. If the blood becomes very much too thin, the blood cells will swell and burst.

There are four other coefficients of the blood: Lymphocytes, myelocytes, poly-morphonuclear leucocytes, and eosinophilia. These relate to different kinds of white cells. As I have said before, these particular cells are present in different disorders. One kind of white cell is present in one disease, another kind in another disease; so by noticing the proportion of each of the cells we are able to judge something of the disease.

I have spoken only of the coefficients of the blood. Of the other vital coefficients I can not now speak, but hope to do so later.

FOOD ELEMENTS—THEIR ORIGIN

(Continued from page 1)

is a food element, in fact, in the best meaning of the term it is not a food. Flesh is a substance that contains both material and energy, but it also contains elements that are harmful to the body, and it is not, therefore, one of the best of foods.

There are three sources of our food supply: First, the inorganic mineral world from which we derive the salts or mineral substances which enter into the construction of certain tissues of the body. These elements are limited in quantity and no special attention needs to be given them at this time. The other two sources from which we derive food elements are the vegetable and animal kingdoms. The principal, and in fact the primary source, is the vegetable world. The products of the vegetable kingdom are food producers, that is, they have the power to take up substances that are not food and convert them into substances that are food. The plant subsists upon water and carbon dioxide. Carbon dioxide is not food, but the plant forms a combination between the water and the carbon dioxide that constitutes starch, and starch is a food element. This is done through a chemical process, under the influence of sunlight. Food elements for our bodies are thus elaborated in plants, and plants are therefore called food producers. The flesh of animals is food, but animals are not food producers, though they contain food. Whatever food elements are found in animal tissues were taken into those tissues as foods. Animal tissue is a depository for food, but not a producer of food. The vegetable kingdom is indeed the only food producer in the world. Vegetables take up the simple elements and by wonderful chemical processes so combine them that they form complex food substances. This is a fundamental and important consideration in the discussion of the food question.

The ox eats hay, grass and corn, which contain food elements, and he stores those elements in his tissues. So he who eats the ox simply gets his food at second hand. We may eat the plant or the grass as the ox does, or we may eat the ox who eats the plant, but all food must pass through the laboratory of plant life. Plants produce foods and animals consume them. The material in food comes from the earth, the air and water. Our food energy comes from the sun. Food energy is stored in the cereals and fruits and vegetables, but it all originated in sunlight, even though it came down centuries ago. Sunlight contains energy. [The speaker at this point produced a delicate mechanism which by being held near an electric light was set in motion, thus illustrating his proposition that light contains power.] It is said that in California sunlight is used to produce power for mechanical purposes. Energy may be present in either of two forms, active or latent. Sunlight is an active energy, while in coal and food energy is stored up in its latent forms. This energy becomes active through chemical changes.

I have already stated that food elements contain two properties,—material and energy. Material is used for two principal purposes. In childhood it is largely used for growth. There are seventeen or eighteen elements in the composition of our bodies, and proper food material must contain all of these elements in suitable proportions. In childhood there is a constant growth and development of all the tissues. Children grow in stature and size, and food is required to promote this growth. The second use of food material is in repairing tissues as they are worn out and broken down. This process of wearing out and breaking down is

continually going on and the repairs must be as constantly carried on.

Energy is used in a variety of ways, first to produce heat by which the warmth of the body is kept up. The normal temperature of the body is 98.6° F., and this heat does not vary materially either in summer or winter. It may be a little less in the morning and a little higher toward night, but in health the temperature of the body remains practically the same. In the winter season heat is given off very rapidly. The body is surrounded by a temperature very much colder than itself and the heat passes from the warm to the cold very readily. Our bodies, therefore, request a constant and larger heat supply; and if this supply is not furnished, the temperature of our bodies soon goes down and we perish.

There is a marked difference observable in people. Some are troubled with poor circulation and cold extremities, while others are full blooded and warm. The difference consists in the varying ability of systems to produce heat.

The heat-making function of the body is of course a very important one. In cold weather the process is stimulated; the appetite is strong and more food is demanded than in warm weather, when we do not need so much food of a heat-producing kind. Great care should be taken not to overeat during this season, when the body is warm, sometimes too warm, and consequently food is not needed for the support of the animal heat.

(Continued next week.)

THE announcements of the Battle Creek Sanitarium School of Health are out. This school is to take the form of popular lectures under three general heads: General Health Lectures, Diet Talks, Physical Education and Cooking Lessons. They are to be given four days each week beginning July 6, and continuing to September 23. The Announcement came to hand just as this paper is closing, and fuller details will be given next week. The course is free to patients and guests of the Sanitarium.

SUNDAY EXCURSION, - July 11, 1909

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VOL. II JULY 9, 1909 No. 31

EDUCATION AT THE SANITARIUM

THE Battle Creek Sanitarium has frequently been called a "University of Health." Nor is the term inappropriate. While the institution is doing a great work in the immediate relief of sickness, a far greater work is being done for the world at large in the dissemination of knowledge in the various arts of living and the preservation of health.

There are several distinct schools at work in the institution carrying on their respective lines of education. First is the American Medical Missionary College, a fully equipped medical school of first-class merit and standing. There is the Sanitarium and Hospital Nurses' Training School, the most thorough school of its kind in the world, and probably the largest. The Sanitarium School of Health and Home Economics is in constant operation, and is doing a splendid work in preparing house-keepers and home-makers. The School of Physical Culture has been organized and set in operation recently and is doing good work already. And in addition to the regularly established and organized schools, constant efforts are being made by lectures and demonstrations to bring before the minds of guests and patients the very latest and best thoughts in the line of good and healthful living.

There is a constant stream of people passing through the Sanitarium as patients or workers, and the work of instilling into their minds an understanding and appreciation of the value of correct ideas of life, and how to promote its best interests is one of the utmost importance. Thus gradually there is being disseminated throughout the world the leaven of true and right principles, which is already beginning to work in all classes of society and is surely destined to exert a powerful influence in lifting the race from the pit into which it has fallen in these days of fast and false ideas of living.

Every effort is put forth here to help the people who come to the Sanitarium to become intelligent in regard to its work and principles. Every department is open to investigation; and every doctor and helper in any department stands ready to impart to any intelligent inquirer the fullest information as to the how and why of any feature or method. People are employed for this purpose, so that each visitor goes away with as good a store of knowledge of the practical ways of healthful living as he can or will obtain during his stay.

Domestic Science

By RUTH C. TENNEY
Instructor Sanitarium Cooking School

VEGETABLE MEATS

IN furnishing the important food principle, protein, to the body, it is necessary to consider its sources and to determine which are the most wholesome, and which methods of preparation are best.

The popular source of protein is meat. Is it the best? If there were some method whereby an animal could continue to throw off the waste products (results of metabolism) after death, until the body was perfectly free from them, meat would be far less harmful; but even could that be done, we could not be sure there was no abnormal growth or contagious disease. A rare-broiled steak has practically as many bacteria as that same steak had before being cooked, the heat not being intense enough or sufficiently prolonged to make the meat sterile. It is impossible for us to know if meat has been thoroughly inspected. This subject has been so thoroughly agitated throughout our country by Upton Sinclair and others that we must necessarily have an interest in it.

Let us consider it from a dietetic standpoint. What food principles do we find in meat?—Protein and fat. The fat is variable, there being a very small amount in some meats, while others have a large amount. Fat is a great heat producer, giving almost two and a fourth times more heat than either carbohydrate or protein.

Protein first builds muscular tissue, then, after it is worn out, it is used as a fuel and burned up. Hence the protein is first a tissue builder, and secondly a fuel. We might liken protein to the material of an engine, while the fat and carbohydrate would represent the fuels. Protein is composed of carbon, hydrogen, oxygen and nitrogen. Iron, sulphur, iodine and other elements are also present. Fats and carbohydrates are also composed of carbon, hydrogen and oxygen. So the distinguishing element of protein is the nitrogen. Therefore the dietetical reason or excuse for eating flesh food would be to furnish the body with protein or nitrogen. The question then is, Can a non-flesh dietary furnish the desired amount of protein?—We answer, Yes.

The chief sources of protein other than flesh foods are eggs, milk, cheese, peas, beans, lentils, grains and nuts, according to the following table:

	Proteins per cent	Fats per cent	Carbo- hydrates per cent	Food value per lb. Calories
Almonds	21.0	54.9	17.3	3,030
Walnuts	16.6	68.4	16.1	3,285
Peanuts	25.8	38.6	24.4	2,560
Hickory-nuts	15.4	67.4	11.4	3,345
Beans	21.5	1.8	59.6	1,605
Peas	24.6	1.0	62.9	1,855
Peas (green)	7.0	.5	16.9	465
Lentils	25.7	1.0	59.2	1,620
Oatmeal	16.1	7.2	67.5	1,860
Steak—porterhouse	19.1	17.9		1,110
Dried beef	39.2	5.4		90
Chicken	21.5	2.5		505
Codfish	16.6		4	325
Oysters	6.2	1.2		235
Beef juice	4.9	6.9		115

The vegetables belonging to the legume family, such as peas, beans, and lentils, are meat substitutes only when ripened. Notice the difference in the amount of protein found in the green and the ripened or dried peas. In the green state they are similar to the other foods we term fresh vegetables. When the plant has stored up nourishment in these ripened seeds,

(Continued on page 6)

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A NEW FEATURE OF EDUCATION

(Continued from page 1)

all these so-called athletic games really accomplish very little good. Probably there is some physical advantage in the training for these college competitions, but there is very little of it indeed to the average student. Probably the effect is really discouraging on the masses, for there are only a very few who are permitted to enter these competitive games.

What is absolutely necessary, it seems to me, is that physical training,—not only muscular training, but body training,—should become a regular part of the college curriculum. The literary college training makes a "learned man" but this man usually knows very little or nothing concerning his own body.

A man with a strong physique has the best possible capital with which to start in business or professional life. The man who enters the trying ordeal of modern life without a strong physical foundation is almost certain to fail.

One purpose of this institution is to set a higher standard of physical education. This school of physical culture is not a new venture. The Sanitarium has for thirty years been engaged in a campaign of physical education. The first school of health was held in this institution nearly thirty years ago. Now the time seems to have arrived when we should make a special effort to train young men and women in the principles of true physical education. And as set forth in the charter of the Michigan Sanitarium and Benevolent Association, one of the aims and objects of this institution is to set a higher standard of physical living, and to train men and women to go out and by precept and example extend these principles.

Thoughtful men and women are coming more and more to realize that the human race is deteriorating. The life insurance companies have within the last few years discovered that the expectancy of life in America is actually diminishing. The real test of the endurance or hardness of a race is not the average length of life but the number of very old people. The fact is, we are now recognizing that the expectancy of life after sixty years has diminished very considerably during the last quarter of a century, and is still diminishing. In Germany centenarians have diminished 600 per cent within forty years. The luxurious life which has become almost universal amongst civilized people within recent years has served to undermine the health, so that in spite of the combined efforts of the various sanitary bodies throughout the world, there has been an alarming increase in chronic disease. Insanity has increased 300 per cent within the last fifty years.

I believe the opportunities which will be afforded the students of this school by the Battle Creek Sanitarium, with its forty years of experience, are unequalled anywhere. I want to say to those of you who expect to be members of this class that we aim to give you the best opportunity ever given to young men or young women for acquiring knowledge of how to live. We do not propose to exploit any fads, for we have none. But we do propose to teach you the foundation principles of natural living. We are here to set before you the great facts which science and experience have developed, and which indicate to us the natural life.

I hope that you who are here as students have come not simply to learn what to do, but that you have come prepared to do it. What the world needs more than anything else is, not a class of men and women who simply preach physical righteousness, but men and women who will both preach and practice it.

Mr. S. S. McClure, of New York, was present

and spoke substantially as follows:

My early life was spent on a farm, where my lot was not a very easy one, for I was obliged to labor early and late. Then later on when I went to school I cared for furnaces, did odd jobs, and performed all manner of physical work in order to meet my expenses. But after I had obtained my school training and gone into literary work I was not obliged to do the physical work that I previously did in order to live, and so to a large extent the matter of proper physical exercise was neglected.

The strenuous life incident to New York City and working as I was obliged to do for sixteen years, broke down my health and since then I have been trying to fight my way back to my normal physique and strength; and while I have in a measure regained what I formerly lost, I am not what I once was, and my anxiety at the present time is to know how I may be entirely well and healthy.

The young man and young woman of to-day rarely realizes what physical exercises means to him or her, because while a person is young and in the prime of life he is vigorous and does not appreciate what good health really means; for success in life is largely measured by one's health and endurance. So it is highly essential that the young people of to-day shall learn while they are strong and well the very things that are necessary to retain their early vigor and strength.

If you should go to Hartford, Conn., you will find there a large number of shops that exist for the sole purpose of manufacturing what is called automatic machinery. If a man makes a machine of complicated parts he takes this invention to one of these establishments and there arranges with the manufacturer to cut out the parts of his machine automatically. Many of the most complicated machines of the present time have all their parts made automatically

by machines invented in these shops. So where this complicated machine is being manufactured are long rows of machines doing the work, while a few men are around, and these for the most part seem to be loafing. If you were to enter the Homestead Steel Mills you would see great long halls looking like an exposition building, and inside a few men who apparently have little or nothing to do. A man up in the top of some machinery guides it as it opens and closes its great jaws and brings out of a red hot furnace the melted, glowing iron. The work that a few years ago was done by physical force, occupying scores and hundreds of men, is now performed almost wholly by automatically acting machines.

Not only is this true of artisans, but school teachers and clerks are on the par with these people in the machine shops, where men who formerly exercised mere physical strength to an enormous extent, now use their heads and allow the machines to do the work. All these people are sadly deficient in physical exercise, for the reason that their work does not call into play this important element so necessary for the maintenance of a perfect physical condition.

This is the reason why at the present time this matter of physical culture has assumed such a prominence in the public mind, for we have come to a time when men do not get enough muscular activity for health in earning their living. That is why this is such a promising field, a profession whereby a man or woman can not only earn a good living, but at the same time do a most important service for the world, be as important a factor in considering one's activity as a doctor or a lawyer or a nurse, excepting that you go to a nurse or a lawyer or a doctor when you are in trouble, but you go to your trained teacher in gymnastics when you are in good health, in order that you may be kept out of trouble. And such of you as are

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planning to train yourselves as professional teachers in this direction, will find in the profession a continually expanding field.

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And you can not do a wiser thing than to attend this school which has been established here in Battle Creek. The possibilities of education here at the Sanitarium are greater than any other place I know of. Here a young man or woman without money to begin with can, by work, acquire an entire education in the profession of a doctor, a nurse, or teacher of physical training. I wish you all manner of success in your work, and I shall certainly be greatly disappointed if in the near future I do not learn of great results from this school.

After the addresses Dr. Colver, secretary, brought before the meeting the practical plan of the working of the School, with the outline of studies and exercises and the daily schedule. The program is as follows:

- 9:00-10:00—Didactic class and lecture. Tactics and nomenclature, A. R. T. Winjum, teacher, entire ten weeks every other day. Physical diagnosis and anthropometry, Dr. Tell Berggren, teacher, for six weeks every other day. Dietetics, Dr. J. T. Case, teacher, for four weeks, every other day.
- 10:00-11:00—Practical work in the gymnasium. General gymnastics and marching, A. R. T. Winjum, teacher, entire ten weeks, every other day. Educational Swedish Gymnastics, Dr. Tell Berggren, teacher, entire ten weeks, every other day.
- 2:00-2:50—Didactic class and lecture. Hydrotherapy, Dr. J. T. Case, teacher, for five weeks, three times weekly. First aid and emergency nursing, Dr. J. F. Morse, teacher, for entire ten weeks, twice a week. Massage and manual Swedish movements, Dr. Tell Berggren, teacher, for five weeks, three times weekly.
- 2:50-3:40—Didactic class and lecture. Anatomy, Histology, Dr. B. N. Colver, teacher, for entire ten weeks daily—correlated.
- 3:40-4:20—Physiology.
- 4:20-5:10—Practical work in the gymnasium—heavy apparatus, mat work and tumbling, wrestling, fencing and swimming.
- 5:10-6:00—Practical work in the gymnasium—Athletics and field work, A. R. T. Winjum, teacher, daily for entire ten weeks. Games, Indian clubs and fancy drills, Misses Wade and McKenzie, teachers.

It was stated that by arrangement with the employment department opportunity would be given to those students so desiring to pay a part or perhaps their entire expenses in work. This offer has been accepted by most of the students, who find an experience in the practical work of the institution to be of advantage to them. Professor Winjum, who has that matter in hand, reported that the uniforms chosen for the men would consist of navy blue trousers with khaki stripes and khaki shirts. The uniforms for the women would be the Sargent's navy blue costumes. Arrangements were made for the immediate ordering of the uniforms.

Pastor Alonzo T. Jones, who will have charge of the Bible instruction, spoke of the intimate relation existing between Bible instruction and perfect physical development.

At the close of the exercises the registration book was opened and twenty-five students were enrolled. Regular class work was taken up on Thursday and on the two remaining days of the week eight more students were enrolled. Others are coming this week, so that it is anticipated that the membership will reach forty. This is larger than was anticipated, and speaks well for the future of this undertaking.

VEGETABLE MEATS.

(Continued from page 4.)

they are nourishing, and rich in protein. These legumes are easily obtained and prepared. They are extremely economical, and there is nothing repulsive about their appearance when served. We do not have to encounter the harmful waste materials of meat or to be suspicious of disease.

Frying toughens protein and renders it very indigestible. Because protein decomposes so easily, it should be prepared in a way in which it may be digested quickly. It must be remembered that fried eggs come under the term fried protein.

Nuts are the most concentrated food obtainable. They contain a greater percentage of both fats and protein than do flesh foods. When nutritive value is considered, nuts are no more expensive than meats. Shelled nuts at fifty cents a pound are more economical than meat at twenty cents after the trimming and bones are removed. Nuts are easily digested if thoroughly masticated. If eaten with some hard or dry food which requires mastication, it will be easier to masticate the nuts sufficiently.

There is a tough cellulose coat surrounding the legumes which renders them very indigestible. By pressing them through a colander after a prolonged cooking the hulls will be easily removed. Beans should be first soaked over night, then cooked. A large per cent of the hulls will rise to the top and may be skimmed off.

The following loaf is very nourishing. Any of the legumes may be substituted. The pulp which is needed is made as explained above. After the legumes are thoroughly cooked and still hot, they are pressed through the colander.

In buying the lentils, ask for German lentils. They resemble the split pea, but are dark brown in color.

Roast Imperial

- | | |
|-------------------|------------------------|
| 1 cup lentil pulp | 4 slices toasted bread |
| 1 cup pea pulp | ½ cup hot cream |
| 1½ teaspoon salt | 1 egg beaten |
| 1 teaspoon sage | 1 teaspoon salt |

Mix the ingredients in the first column. Moisten the toast by dipping quickly into hot water, and add the rest of the ingredients in second column. Line a pan with ingredients in first column, reserving one third to place on top. Fill in the center of the pan with the ingredients of second column and put the remainder of the first column on top. Bake in a quick oven until done. A little cream spread over the top produces a nicer finish.

Walnut Roast

- | |
|-----------------------------------|
| 1 cup granola (a Sanitas product) |
| or toasted bread crumbs |
| ¾ cup chopped nut meats |
| ¼ cup cream |
| 1 egg |
| 1 teaspoon onion juice |
| 1 teaspoon salt |

Beat the eggs, add the milk, cream, salt, onion juice, granola and nut meats. Let stand for fifteen minutes, then bake in a bread pan in a moderate oven for twenty minutes.

A HELPERS' LAWN SOCIAL

THE evening of June 29 was as perfect as one could imagine. A bright clear sky after a warm day, the nearly full moon beaming down with the stars, and a perfectly calm, clear atmosphere made it an evening to be desired. The lawn south of West Hall was furnished with chairs, a platform, and a piano, and in addition to the moon a large number of electric lights gave beauty to the scene. Three or four hundred of the Sanitarium family of helpers responded to the invitation of the managers to be present at our first lawn social of this year. It was expected that the superintendent, Dr. Kellogg, would preside, but to the disappointment of all he was elsewhere detained.

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217 MAIN STREET WEST,

Opposite McCamly Park

The orchestra rendered sweet music, and at the opening of the program a hymn was sung, and prayer offered by Dr. M. C. Wilcox. Ex-governor Van Sandt of Minnesota, an honored guest of the Sanitarium, was introduced and spoke in his usual pleasant and instructive manner. He spoke of his admiration and appreciation of the Sanitarium and its principles, of the pleasure he felt upon coming here from time to time, and testified candidly to the high class of service given by the Sanitarium employes of every department. He said he no longer felt his former sorrow for the poor boy left upon his own resources; he rather pitied the sons of wealth and luxury without nothing to do, and no ability to do anything. He brought forth some notable instances of men who had become great by their efforts to improve their opportunities. The name of Abraham Lincoln brought out a burst of applause.

Mr. S. C. McClure, of New York, the well-known publisher and editor, responded to an invitation to speak for a few moments. He drew a contrast between what he had observed during his stay here and what he had seen in other institutions. One of the most marked contrasts was in the attitude of the young men and women whom he had seen, each with book in hand and a fixed purpose to make the most of himself or herself for life. He hoped in the future to be able to be with us from time to time, and he spoke encouragingly to the helpers, and admonished them to appreciate the great privileges they were enjoying. Taking a wider theme, Mr. McClure spoke of the conditions of good citizenship and the preservation of the high heritage of American citizenship.

Dr. Frederick Netherton, of Clinton, Mo., arose in the congregation and introduced himself as being a stranger to all present with but two or three exceptions. He had just stopped off the train to visit the Sanitarium where twenty-eight years ago he served as bell boy. He looked back still with satisfaction upon that experience, and often found himself with us again in his dreams. He was pleased at the evidences of growth and progress that met his eyes in every place.

At the conclusion of these speeches fruit gelée was served to the company and the evening came to a close, every one feeling well pleased with all that had taken place.

A FRESH WATER SEA VOYAGE

THE new steamship Hamonic is not only the largest and swiftest ship of her class but is a most handsome vessel in her outside appearance and interior decorations, the scheme of ornamentation being beautifully beyond anything yet attempted for the Lake Superior trade. Her general dimensions are: length, 365 feet; beam 50 feet; moulded depth, 27 feet; gross tonnage, 5,000 tons; horse-power 7,000; speed 21½ miles per hour; passenger accommodations, 400 first-class and 75 second-class. She will make weekly trips from Sarnia to Port Arthur, Fort William and Duluth.

For handsome booklet describing the Hamonic in detail apply to L. J. Bush, Pass. Agt., who will also furnish information as to fares, schedules, etc.

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ARRIVALS

THE following is the list of arrivals at the Battle Creek Sanitarium for the week ending July 5: Mrs. M. S. Maltby, O.; E. C. Claff and Alice Claff, Ia.; Mary Stelwagen, Ill.; Mrs. Mary J. Wilson, Mo.; Mrs. Ione Wilson Markle, Mo.; Mrs. R. Eichenburg, Ill.; J. W. Sloan, Okla.; W. T. Morris, O.; Mrs. W. P. Butler and children, Ind.; Mrs. W. N. Squires, Mo.; Geo. Shepard, Ind.; Ottmar Schaefer, Mich.; D. S. Smitz, O.; W. H. Jones, O.; Mrs. R. F. Curtis, N. Y.; Miss Ella Miller, City; M. C. Tomblin, Ark.; Mabel Long, Pa.; Robert B. Curtis, Mich.; Herman Urban, O.; W. E. Newark, Mich.; J. S. Hyland, W. Va.; J. S. Campbell, W. Va.; Mrs. M. L. Pennybacker, N. Y.; Mrs. W. J. Hickok, Mich.; H. N. Peck, Mich.; Henry A. Spira, Ala.; W. A. Gordon, Miss.; Thos. B. Reid, Wis.; E. L. Evi, wife and baby, Kans.; M. J. Mittenhal, Tex.; O. B. Thorpe and wife, Ill. W. C. Perry, Mo.; S. F. Jones, Pa.; Mary M. Cutter, Korea; Dr. G. I. Notherton and wife, Mo.; J. H. Kurtz, wife and two children, Pa.; S. D. Christopher, O.; Mrs. J. F. Stout, O.; Dr. E. B. Packer, Ill.; J. W. Remington, Ill.; Lizzie Rayland, Va.; Fanny C. Rayland, Va.; A. H. Griesa, Kans.; Lettie K. Starke, W. Va.; Mr. and Mrs. Silia Heinman, Texas; Mrs. S. W. Berry, Ky.; Catherine MacKenzie, Ont.; John C. Frost, Kans.; F. E. Conley, Pa.; John H. Ruby, Mo.; M. Acher, Ill.; J. M. Dayton, Mich.; Mr. and Mrs. S. F. McGuire, Ariz.; R. D. Fowler, O.; S. V. Straley, wife, nurse and child, W. Va.; Mrs. Burtus and child, Mr. and Mrs. John R. Iendgrin, W. E. Simonsen, Benjamin T. Roodhouse, Ill.; C. M. Biersch, O.; J. A. Bowman, Ark.; Mrs. S. H. French, Ky.; Mr. and Mrs. Rose Nay and two children, Ill.; H. Haendle, Mich.; Adolph Sussman, N. Y.; Mrs. Mac Mayer, Tex.; R. H. Whitmore, Pa.; Mrs. W. A. Ross, Mex.; Phil D. Campbell, Mo.; W. S. Greiss, Kans.; Mrs. A. C. Greiss, Kans.; H. P. F. Ferguson, Ill.; Mrs. H. W. Hawley, Mich.; H. W. Hawley, Mich.; F. Stewart, O.; Chas. Youngheim, Kans.; B. S. Hoxie and wife, U. S. Army, Roy Beenholtz, O.; Mrs. G. L. Ellis, Ga.; Mrs. E. Alger, Neb.; Mrs. J. B. Siak, Tex.; G. Tufts, Jr., India; E. A. Fox, Tex.; F. H. Cottrell, Ky.; J. A. Pack, W. V.; Lee Bamberger, wife and child, O.; Mrs. N. G. Williams, Mich.; Mrs. S. H. Seymour, Mich.; R. E. Hait and wife, Mich.; Ruth H. Short, Ind.; Mrs. G. J. Dickema, Mich.; Carrol C. Bogge, Ill.; W. H. Fuqua, wife and son, Tex.; T. I. Hamm, Okla.; C. S. Hamm, Okla.; L. A. Miller, Ill.; Grace Saxe, Colo.; Prof. H. E. Griffith, Ill.; Mr. and Mrs. W. C. Padgett, Tex.; Mrs. G. A. Everest and daughter, Minn.; W. J. Steel, N. Y.; S. A. Fabman, N. Y.; J. A. Onterson, N. Y.; Mrs. Miner J. Allen and Frances E., O.; Mrs. Carl Sheppard, D. C.; E. M. Downer, O.; J. B. Badger, N. Y.; Mrs. E. R. Ashe, Mo.; Mrs. Geo. Shepard and son, Ind.; G. S. White, Pa.; M. S. and J. M. Welt, Mich.; Carl Schott, and Elizabeth Schott, Mich.; Miss Woodcock, Ark.; W. J. Harris, Ill.; Maynard Garner, Mo.; E. T. Gardner, Ia.; C. D. Smith and S. H. Latta, Ill.; R. Parry Jones, O.; W. Beardon, Mich.; H. W. McGrew, O.; Mrs. Upton Sinclair, N. Y.; Mr. Wm. M. Fuller, N. Y.; W. M. Danner,

PERSONALS

Mass.; W. B. Robert, Miss.; S. F. Wadhams, Minn.; A. C. Cornell, Ill.; Mrs. Catherine Garner, Calif.; Fred Garner, Mo.; Mrs. Maynard Garner, Jr., Mo.; O. B. Potter, N. Y.; C. C. Colter and wife, N. Y.; Mrs. A. B. Kingsbury, Mich.; Henry Ryan, Ill.; Chas. O. Hagan, Ill.; A. DeBruyn Kops, D. C.; Mel Reese, Ind.; Bare Muskat, Wis.; A. S. Deasan, England; C. F. Flood, O.; J. C. Steinel, Jr.; City.

W. C. McCrary, of Vicksburg, has returned for further rest and treatment.

Mr. W. C. Padgett and family, of Dallas, Texas, are among the recent arrivals from the South.

A. DeBruyn Kops, of Washington, D. C., is visiting his father who is a patient in the institution.

Prof. H. E. Griffith, a prominent chemist of Galesburg, Ill., is spending a few days at the Sanitarium.

C. D. Smith and S. H. Latta, of Oak Park, Ill., prominent business men of Chicago, are at the Sanitarium for a few days.

During the past week Dr. George E. Vincent, president of the New York Chautauqua Assembly, was a visitor to the Sanitarium.

Mr. and Mrs. Clyde Parshall, of the Business office, have returned from an extended trip through Iowa and other Western points.

Miss Iva M. Cadwallader has returned to her duties in the Record office after spending the past month with relatives and friends in Milwaukee.

Mr. Oscar Lake, of St. Louis, Mo., has been spending the past week with his sister, Miss Alice Lake, one of the Sanitarium nurses. Mrs. Lake is also visiting her daughters here for a few weeks.

Governor S. A. Van Sant of Minnesota has returned to his home after another of his very agreeable visits to the Sanitarium. He is a warm friend of the institution, and we are always glad to have him with us.

We are pleased to have with us once more Miss Alma Peterson, for a long time connected with the literary work of the institution. Miss Peterson went to Kansas for a change of occupation and was taken violently ill, but we are glad to see her on the road to health again.

Mr. L. C. Coulston and his father, two faithful workers at the Sanitarium who, with their families, recently went to California have returned and resumed their places. It will be a sincere pleasure to those contemplating coming to the Sanitarium to know that they will be met at the train by the kindly and intelligent attention of "L.C."

Mr. and Mrs. S. Jasperson, medical missionaries to Algiers, Africa, have arrived at the Sanitarium. They have spent some time in the Levant and Algiers and find the climate of the latter place too trying for them. They will connect with the Sanitarium work for a time. These are devoted servants of the Master and we welcome them to our family.

Dr. Mary E. Cutler, for sixteen years a medical missionary in Seoul, Korea, under the auspices of the Woman's Foreign Mission Society of the Methodist Church, was a visitor at the Sanitarium for a few days last week. She has but recently arrived in this country and was on her way to her parents at Byron Center, Mich. She expects to return for a longer stay with us.

News Notes

General W. S. Hoxie, who has lately retired from the United States Army, recently spent a few days at the Sanitarium. He was accompanied by his wife who is a sculptor of talent and note. Her bust of Abraham Lincoln is in the Capitol at Washington, and the Farragut statue in Farragut Square, Washington, is also her work. She expects to do some work here in the near future.

We have been pained to learn of the serious illness of Dr. George D. Dowkontt, chaplain of the American Medical Missionary College and editor of the *Medical Missionary*. He left us for a few weeks' stay at his Mountain Rest home in Massachusetts, but was soon taken ill and his son accompanied him to the Presbyterian Hospital, New York, where he was seriously ill. He now writes that he is recovering, though, he says, "It came very near being a home call."

We have received from the American Anti-Saloon League, publishers, a copy of the Anti-Saloon League Year Book for 1909. The work contains over 250 pages and is replete with information in regard to the temperance cause. Facts, statements, statistics, are abundant and cover the field exceedingly well. The price of the book is, in manila covers, 35 cents, and in cloth binding 60 cents, and it is well worth the price. Address, The Anti-Saloon League of America, 110 La Salle Ave., Chicago, or Columbus, Ohio.

The Friday evening services form an interesting feature of the Sanitarium program. The first part of the evening is occupied with a song service in the lobby. The spacious hall is seated

with chairs, the piano is brought into requisition, and for nearly an hour all engage heartily in singing the familiar gospel songs and hymns that we love so well. At the close of this exercise the chapel is opened and a prayer service is

held for a short time. Both patients and helpers engage in this service which is always of a most interesting and helpful character. It is a time of restful devotion and spiritual refreshment.



THE TEMPERANCE REFORMER

THE woman with the broom is driving out of her home the wine, whisky, beer, ale and gin, while clasping in her arms the tea canister,

and leaving on her table coffee, mustard, pepper, and a long list of stimulant-condiments, whose office it is to create the appetite which calls for the strong drinks against which she protests.

BATTLE CREEK SANITARIUM SCHOOL OF PHYSICAL EDUCATION

Special Summer Course now in Session, until September 10th, 1909

The Board of Directors of the Battle Creek Sanitarium have organized this school in order to crystalize the work in Scientific Massage, Swedish Gymnastics, Manual Movements, and general educational work along the lines of right living. This work has been carried on continuously for more than thirty years in connection with the gymnasium, lecture and class work for the patients, nurses, students, and general help of the Battle Creek Sanitarium. The summer course is especially adapted to the convenience of teachers, university students, and others desiring a change of vocation and rest, while at the same time earning their expenses and pursuing a profitable course of study.

The following subjects are given: ANATOMY, HISTOLOGY, PHYSIOLOGY and HYGIENE, HYDROTHERAPY, MASSAGE, FIRST AID and EMERGENCY NURSING, DIETETICS, PHYSICAL DIAGNOSIS and ANTHROPOMETRY, GYMNASIAC NOMENCLATURE and TACTICS, GENERAL GYMNASIACS and MARCHING, MAT WORK and TUMBLING, APPARATUS WORK, WRESTLING and FENCING, CORRECTIVE EXERCISES and MANUAL SWEDISH MOVEMENTS, and ATHLETICS and FIELD WORK.

The tuition for the ten weeks' course is \$20.00. By working from three to six hours a day, each student will be able to pay practically all of his running expenses. An opportunity for such work will be offered in the various departments of the Sanitarium.

The regular school year opens October first, and running to June first, nineteen ten.

Any who are interested will be sent illustrated announcement with further details on request. Address,

The Battle Creek Sanitarium School of Physical Education
BATTLE CREEK, - - - MICHIGAN

THE BATTLE CREEK IDEA

Vol. II No. 32

BATTLE CREEK MICH. JULY 16 1909

Price 2 Cents

School Here All the Year Round

An Active Educational Work in General Literary Lines Carried on the Entire Year

In speaking editorially last week of the educational work of the Sanitarium, it was no purpose of ours to omit mention of the work being done in the literary department. While we have the various technical schools

FOOD ELEMENTS--THEIR ORIGIN AND CHARACTER

A Lecture Delivered by Dr. W. H. Riley in the Sanitarium Main Parlor, June 30, 1909

(Continued from last week)

ENERGY is susceptible of transformation. Take, for instance, the energy of coal. It is transformed into heat in the furnace, which is imparted to the water, producing steam. Steam

The Appendix Not a Nuisance

The General Theory that the Appendix Is a Superfluous Organ Not Substantiated by Facts

THE appendix is a very useful little organ. It is a great mucous gland and produces a mucus which is wonderfully antitoxic, and this mucus is poured out in great abundance and antagonizes the germs which are growing in the



Battle Creek Sanitarium Preparatory School

in operation, there is being carried on during the entire year active educational work in general literary lines. The Battle Creek College was established nearly forty years ago and carried on as a denominational institution for about twenty-five years, when it was transferred to another locality. But the school was perpetuated under the support and management of the Sanitarium solely for the benefit of its employees, and is still carried on, no effort being made to procure students other than those who are employed by the Battle Creek Sanitarium. Every inducement, however, is held out by the institution to its employees to engage in profitable study during

(Continued on page 3)

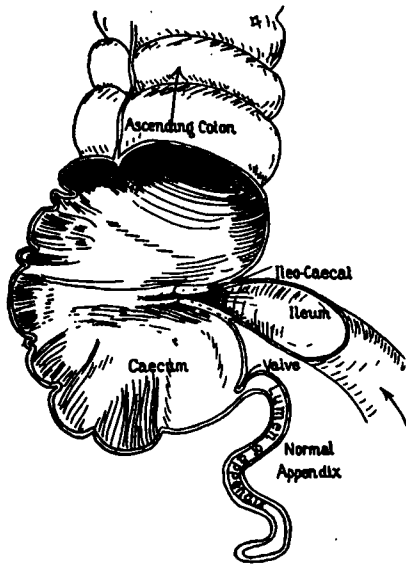
produces an intense pressure by which the engine is moved. The engine turns a dynamo, where another form of energy is developed in electricity. This is carried along a wire for a greater or less distance, turned on to a motor and again converted into motion; and thus transformation may go on almost indefinitely. In these transformations and transmissions of energy there is of course more or less loss in friction and resistance. If we compute these losses and add them to the final result, we find that the sum equals the amount of energy contained in the coal at the outset, showing that there is in reality no loss of energy in transforming processes. So with our food, some of

(Continued on page 2)

intestine. It is true that sometimes grape seeds and other small seeds are found in the appendix, but they never get into the appendix until it becomes diseased. The appendix has a little door at the entrance which in normal conditions is kept tightly closed. It lets nothing in from the outside, but lets the contents from the inside out; but when it becomes diseased, then the little valve becomes stiffened or thickened, remains open, and seeds and other things can drop into it. Disease of the appendix is simply an extension of disease from the colon.

In case of soreness and tenderness in the region of the appendix it is not necessary to conclude that there must be a surgical operation, unless there are other evidences of appendicitis.

This pain, tenderness, and soreness in the region of the appendix may be due to a diseased cecum,—inflammation of the large intestine,—and not due to disease of the appendix. Disease of the appendix is entirely secondary; the sketch will make this plain to the reader. The sketch shows the colon and the appendix. There is a little valve which opens in such a way that mucus can flow out from the appendix, but nothing can flow in. At the point where the small intestine is joined to the cecum, there is a valve of the same sort as that which guards the appendix. The contents of the small intestine can flow into the cecum, but nothing can flow back the other way. Everything that comes from the small intestine drops right down upon the mouth of the appendix. So, if a person takes mustard, pepper, ginger, and all sorts of hot things, they fall right upon that spot and concentrate there. If a stream of hot water is pouring upon the hand, and the hand is kept moving around, it does not burn very much; but if that stream of water strikes on but one place, it soon becomes too hot to be borne. Just so this constant



The normal cecum, showing the ileo-cecal valve and the appendix—(Emerson)

stream of irritants dropping upon this point sets up inflammation and produces disease there. The frequent use of calomel, I believe, has the same effect. Calomel, coming in contact with chloride of sodium, produces corrosive sublimate, which is a powerful poison and irritant, and in that way ulceration and inflammation of the appendix is often produced. Meat eating produces appendicitis because fragments of undigested meat are left behind which, undergoing decomposition, produce putrefaction and infection which is communicated to the appendix.

The normal function of the appendix is to pour out mucus which protects this part from injury which it otherwise might receive by its contact with partly undigested, unchewed food and irritating substances. When the cecum and appendix become dilated, as they often do, there is a great, seething mass of putrefaction, and in such a case it is no wonder people have appendicitis. The only wonder is they do not more often have a fatal attack of it.

It has been shown by careful study of this subject that meat eating is the most common cause of appendicitis. In France, very little meat is served in the hospitals, practically none at all in the prisons, or in the insane asylums. It has been found that meat is not good for insane people, that they recover much more read-

ily without it; so for more than twenty years it has been practically discarded. As a result, it has been shown that in the prisons and insane asylums the inmates are almost absolutely exempt from appendicitis. Then there are the sisters of St. Joseph and the Carmelite sisters who do not eat meat; and it is reported by Dr. Champonniere that in all their institutions there had not been a single case of appendicitis in twelve years. Some years ago I addressed a letter to the head of the Trappist monastery in Kentucky, where, as you may know, meat is not used. I asked, "What do your people die off?" He wrote back, "They die of only one disease—old age." The general of the French army observed in Algiers that while the French soldiers had many attacks of appendicitis, it was almost absolutely unknown among the Arab soldiers, who eat practically no meat.

FOOD ELEMENTS

(Continued from page 1)

the energy is used up in making heat, some in muscular work, some in developing electrical currents and in vital performances. If the sum of these energies be taken, it will be found to be equal to that contained in the food.

A simple element in nature is a substance which if divided retains its identity. A compound or food element is a substance which if divided ceases to be food. There are six food elements, and if our bodies are properly furnished with these they will be well nourished and supplied with energy. These six elements are carbohydrates, fats and oils, water, acids, salts, and protein. Carbohydrates consist of starch, sugar, and cellulose. Starch is the most widely diffused of the food elements and the most used. Its function is to produce energy rather than material. Starches are composed of carbon, hydrogen and oxygen, and are, therefore, classed as carbohydrates, because in conjunction with carbon they contain hydrogen and oxygen in the same proportion as they exist in water, that is, hydrogen 2, oxygen 1. There are many varieties of starch, it being very abundant in potatoes and the various cereals. Its chemical formula is always the same, the difference being principally in the shape and size of the starch granules. By the aid of a microscope the different varieties of starch are easily classified by any one who is familiar with them.

Sugars are found abundant in various forms in connection with food substances. We have cane sugar, from sugar cane, beets, and various fruits; levulose, produced in fruits; milk sugar, grape sugar, and glucose. In our bodies sugar is produced in the form of maltose, in which form it is a digested food and easily assimilated. Cane sugar is not regarded by eminent physicians as being a good food. Taken in large quantities it irritates the stomach and increases the flow of stomach acids. Invalids who are troubled with over-acidity of the stomach should be careful in their use of cane sugar.

Maltose or meliose is formed in the system by the action of saliva upon starch. It is in this manner that the starch is prepared for absorption. Some people can not digest starch, the power of salivary digestion having become impaired. For the benefit of such the Sanitarium supplies a manufactured maltose or malt honey which is predigested starch, ready for assimilation. Sugars have the same chemical elements as starch and yet are different in various respects, their chemical constituents being in different proportions.

Cellulose is a substance which in starch forms the case in which starch granules are enclosed.

It forms the bran of wheat and other cereals, and exists in most fruits. It has no nutritive quality, and yet is a valuable adjunct of food, as it furnishes bulk and otherwise assists in the process of digestion.

Fats and oils are chemically of the same composition as starch. The former may be classified as being produced by animals and the second as a product of the vegetable world. In their use in the body, fats and oils may be classified with carbohydrates. They also serve other purposes in the work of digestion.

Salts are certain chemical or mineral substances which enter into the structure of various tissues, such as the bones, nails and nerve tissues. Very much depends upon obtaining an adequate supply of these elements, though too great a supply may be harmful. There are two elements, chlorine and sodium, combined in table salt, and while a small amount of this is required by the system, it is probable that our food substances naturally contain all that is really necessary.

Of water, the fourth food element, the body is largely made up. At least seventy-five per cent of the weight of the body is water. There are more ways in which water leaves the body than ways in which it enters. Ordinarily speaking, it enters the body through the mouth only, while it leaves the body by various avenues. Water does not furnish energy, as is shown by the fact that its chemical composition is not changed upon leaving the body.

Acids are found in fruits and various vegetable foods. They have practically the same functions as starch. They also serve to increase the alkalinity of the blood. The medicinal value of fruits is because of their effect upon the blood. The blood is slightly alkaline, but in some diseases it becomes acid; the fruit acids in the process of oxidation are transformed into alkaline substances and thus pass into the blood and assist in restoring its normal alkalinity. In nearly all chronic diseases there is this tendency for the blood to lose its alkalinity. At the same time there are some cases in which acid fruits can not be used on account of their producing too much acidity in the stomach. Fruit acids and stomach acids are by no means identical.

Proteins are also composed of carbon, hydrogen and oxygen, with the addition of the element of nitrogen; hence they are sometimes called nitrogenous foods. Proteins come to us from various sources. They are found in lean flesh. In fact, lean flesh produces no other food element. Only nineteen or twenty per cent of lean flesh is food at all. The rest is water, and dirty water at that. Some people think they could not live long without meat. On account of the poisons which it contains, meat has a stimulating effect, but it is by no means one of the best articles of nutrition. Beans, peas, wheat, and other vegetable products contain at least four or five times more of the nutritive value. They furnish the six food elements, and if we were to dine with the king, he could not supply us with any more. Other substances might be added in the form of condiments, but their use would be subject to serious question and in many cases absolutely harmful. It is in the vegetable world that we find the great provision that has been made for the sustenance of our bodies. These foods contain more proteins and energy than animal foods, so that it is not necessary for us to go to our fellow creatures for any of the elements of nutrition.

Let nothing disturb thee, nothing affright thee.
All things are passing, God never changeth.
Patient endurance attaineth to all things.
Who God possesseth in nothing is wanting.
Alone God sufficeth.—Goethe.

SCHOOL ALL THE YEAR ROUND

(Continued from page 1)

the period of their employment. The tuition is placed at a low figure and the opportunity is given to students to pay all expenses in labor. The student may take as many studies as he is able to carry and the work of the school is adapted to the hours of the workers. Classes begin at six o'clock in the morning and are held until nine o'clock in the evening, not many classes being held during the busier portions of the day. Recitation periods are arranged to suit the convenience of the student workers.

In the employing of helpers the managers give preference to those young people who wish to use the opportunity to improve their capabilities. The standing of the school is first-class, being recognized by the State authorities. Students may matriculate from it directly into the university. The work is under the direct management of Prof. E. D. Kirby, A. M., who has for many years been associated with the school and enjoys the confidence of all who know him, both as a capable instructor and as one who has the very best interests of his students at heart. Associated with him are capable teachers in various branches of study.

As intimated before, there are no vacation periods in this school. Its session is continuous. Students may enter at any time and may select from the various studies offered those that will best suit their purpose. Many of the students are engaged in preparatory work for the nurses' training or the medical course. A hearty religious influence surrounds the school and pervades all of its work. The time of the students being fully occupied with the studies and their work, the matter of discipline is one that gives very little trouble. The students compose a class of earnest, Christian young men and women who are bent on self-improvement for the purpose of fitting themselves for the largest possible usefulness in the world.

The organization of the Medical Preparatory School took place on the evening of the 7th inst. The enrollment for the summer session is good. At its close a class of ten or twelve will have completed the College Preparatory course, nearly all of whom expect to take up the study of medicine.

Write it on your heart that every day is the best day in the year; no man has learned anything rightly, until he knows that every day is doomsday.—Emerson.

The Water Way March

Send for New D. & C. March and Two-Step

The D. & C. Lake Lines have just published a March and Two-Step written by Harry H. Zickel, composer of the popular "Jolly Student," "Black America," "Ford" and other very successful selections. This composition, which was expressly written for the D. & C. Lake Lines, is full of life and action, and so catchy that it is bound to be the popular success of this season. You will hear it everywhere. Everybody will whistle the tune. Get your copy first.

Mailed to any address for only five two-cent stamps. Address

DETROIT & CLEVELAND NAVIGATION CO.,
Dept. W. Detroit, Mich.

VERSES BY THE WAYSIDE

"CAN you give a smile, a handgrasp
That will cheer us on our way?
Can you lighten some one's sorrow?
Can you some one's burden borrow?
Borrow it to bury;
Give instead words merry,
Let the world share of your joy and love.
Give the best that is within you;
Let but truth and virtue win you;
Then the world will be akin to heaven above."

A hedge between keeps friendship green.—
German Proverb.

"ONE ship drives east and another west
With the self-same winds that blow.
'Tis the set of the sails and not the gales
Which tell us the way we go.
Like the winds of the sea are the waves of
fate,
As we voyage along through life.
'Tis the set of the soul which decides the goal,
And not the calm, nor the strife."

NOTHING raises the price of a blessing like its removal; whereas it was its continuance which should have taught us its value.—*Hannah More.*



A Good Awning

and one or two canvas curtains will make a first-class sleeping place out of almost any porch on these hot nights.

Let us figure with you on fixing up your house so it will be comfortable in the summer time. The cost is small and an outfit of good awnings will last for several years.

We are up to the latest ideas on tents, awnings, sleeping porches and sleeping tents. Our materials are the best and our prices are right.

BATTLE CREEK TENT & AWNING WORKS

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- IRVING FARLIN, Proprietor

- Battle Creek, Mich.



The Great Lakes Trip

A little journey on the inland seas is the most pleasant and economical vacation trip in America. The ever varying scenery of the shore line and the picturesque beauty of the islands add interest and delight to every mile of the trip. All the important ports on the Great Lakes are reached regularly by the excellent service of the D & C Lake Lines. The ten large steamers of this Fleet have all the qualities of speed, safety and comfort. Every boat is of modern steel construction and is propelled by powerful engines. The Clark Wireless Telegraph Service is used aboard.

Tickets reading via any rail line between Detroit and Buffalo, Detroit and Cleveland, in either direction, are available for transportation on D & C Line Steamers.

The D & C Lake Lines operate daily trips between Buffalo and Detroit, Cleveland and Detroit, four trips weekly between Toledo, Detroit, Mackinac and wayports, and two trips weekly between Detroit, Bay City, Saginaw and wayports. A Cleveland to Mackinac special steamer will be operated from June 15th to September 10th, leaving Cleveland direct for Mackinac stopping at Detroit enroute every trip and at Goderich, Ont., every other trip. Special daylight trip between Detroit and Cleveland during July and August. Send 2 cent stamp for illustrated pamphlet and Great Lakes Map. Address: L. G. Lewis, G. P. A., Detroit, Mich.

THE
COAST LINE
TO
MACKINAC

Detroit & Cleveland Nav. Co.



THE BATTLE CREEK IDEA

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BATTLE CREEK, MICH.

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One Year	\$1.00
Six Months	.50
Three Months	.25
Per Copy	.02

VOL. II JULY 16, 1909 No. 32

FOR LACK OF KNOWLEDGE

THE prophet laments in words of divine inspiration, "My people are destroyed for lack of knowledge." It is as true to-day as in the days when Hosea wrote those words. People do not know how to live. The science of living and the art of self-preservation are subjects upon which the people generally are deeply and lamentably ignorant. The worst feature of the case is that they are criminally indifferent in regard to the rules which regulate their health, not that the sources of knowledge are denied them, nor that the subject of health is complex or obscure; but the situation is rather due to the course into which human existence drifted centuries ago, and which has now become worn into a deep rut. The care of the sick was long ago relegated to a profession, and those who were most deeply interested permitted themselves to fall into the most complete indifference and ignorance in regard to it. When the average man is well and vigorous he sees not the need to bother himself about disease. It may be a long time before he is sick, and then, he does not know from what direction the illness may come, or in what form it may overtake him; and besides, there is the doctor who keeps posted in such things, and when it does come he will simply call the doctor, say, "I am sick, give me something to take," and all will be well. Why should he take the time and the trouble to study up those things in which even doctors do not always agree? Is not the doctor paid for doing it? He knows, or if he does not, how could I know?

He therefore blunders along in a heedless manner, escaping some of the pitfalls that beset his feet, falling into some, and being mercifully delivered by a good Providence that watches over him. But gradually he is undermining his house and by and by it falls. Perhaps it comes down suddenly without warning; it may be that it will begin to totter and waver with warning signs of that which is surely coming. The doctor is consulted, and he does the best he can. Perhaps for a time matters are compromised and a new lease is given or an extension of the mortgage is granted, but sooner or later the reckoning time comes when the man is brought face to face with his record. He comes to a place where his ignorance of his own existence assumes a fatal aspect. Had he only known! Had he avoided those ways of death, it might have been different.

Perhaps it is not yet too late, for fate with God behind it is very lenient. There is forgiveness for him who is willing to turn from his transgressions. There is mercy and grace for the physical sinner as well as for the moral wanderer. And even at the eleventh hour there may come to the weary and sick traveler a lengthening of the days of his tranquility. He may in a measure redeem the past, and the recreative power within him may repair again that which was broken down and he again tread the paths of usefulness.

But how much better it would be if people would only see the importance of becoming intelligent in the preservation of health. The time to cure disease is before it comes. The best remedy is prevention. The best way to get well is to keep well. The most effective way to preserve and lengthen life is to care for it while we have it.

It is with such a conception as this that the Battle Creek Sanitarium undertakes its work, seeking most of all to enlighten and interest the people in the great subjects that pertain so closely to their welfare and happiness, and to enable them to see the dangers which lie along the ordinary ways of living into which so many unwittingly fall. The young man or woman who is burning the candle at both ends, who has not yet learned to appreciate the value of vital considerations, may laugh now, but the time is not far away when the little candle of life will be more carefully guarded. Do not put it off too long.

Domestic Science

By RUTH C. TENNEY

Instructor Sanitarium Cooking School

SALADS

THERE is no part of a menu that is more tempting to the sense of sight, smell and taste than the salad. Its many forms and the fresh, green things which it contains appeal to us as no cooked foods can do.

Salads are valuable as a means of supplying acids, mineral salts, protein, fats and oils.

The dressings usually applied contain a great quantity of acids and fat.

Vinegar is the acid most commonly used. It has been proved that acetic acid, the essential element of vinegar, not only irritates the digestive organs, but also produces arteriosclerosis, or the hardening of the arteries. That is one reason why under heavy blood pressure there occur so many fatal internal hemorrhages.

Lemon juice may be substituted for the vinegar. The flavor of the salad will be much more delicate and at the same time will be furnishing food to our bodies, for citric acid is very valuable for its antiseptic properties.

All condiments, such as pepper and mustard, should be omitted, not only because they irritate the stomach, weakening all the digestive functions, but also because of their irritating effect upon the entire nervous system, affecting finally even the morals of the individual addicted to them.

(Continued on page 5)

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DOMESTIC SCIENCE

(Continued from page 4)

Fats are divided into two classes, emulsified and free. All fats when in a natural form are emulsified, as in cream, egg yolk, olives and nuts, while butter and oils are examples of free fat. In cream, eggs, olives and nuts the fat is in tiny globules which is easy to digest, while in butter and oils the fat is in one solid mass which makes it very difficult for the digestive juices to penetrate it.

But most important of all the elements with which salads abound is the mineral matter, and this is the only way in which uncooked green vegetables are served.

Salads are composed of two parts, the body, which usually gives the name to the salad, and the dressing.

The following salads might be called typical of the different classes:

Fruit Salad—Golden Dressing

- 1 medium sized pineapple
- 3 bananas
- 3 oranges

Cut the fruit into small cubes, pour the dressing over it and let stand on ice a half hour or more before serving. Serve with golden dressing.

- 2 eggs
- ¼ cup sugar
- ¼ cup light-colored fruit juice—orange, apple or pineapple.
- ¼ cup lemon juice

Beat the eggs slightly, and add the fruit juice, lemon juice and sugar. Stir constantly in a double boiler until it begins to thicken. Cool and serve on the sliced fruit.

Peas and Celery Salad—Mayonnaise Dressing

- 1 can of green peas or 2 cups of freshly cooked peas
- 1½ cups chopped celery
- 1 onion (grated)
- 1-3 teaspoon salt
- 1 scant cup Mayonnaise dressing

Drain the liquid from the peas, add the celery and the salt and mix with cooked Mayonnaise dressing.

- 2 eggs
- ½ teaspoon salt
- ¼ cup lemon juice
- ¼ cup olive oil
- ¼ cup water

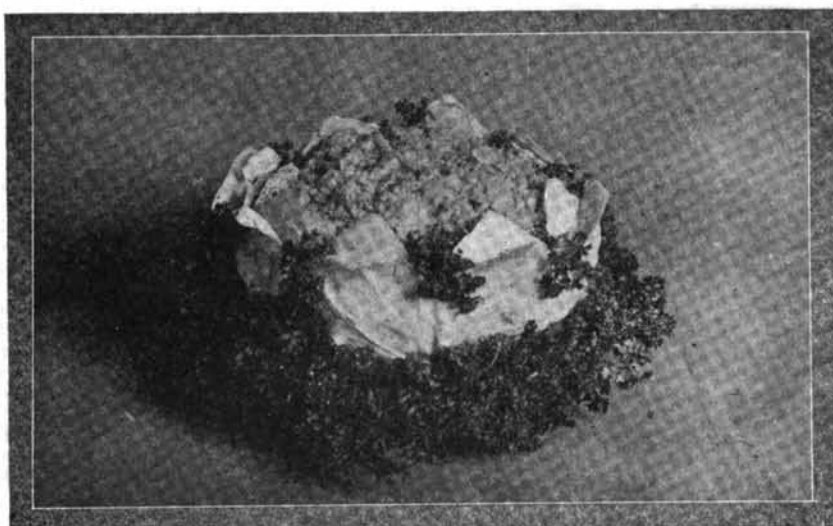
Beat the eggs, add salt, lemon juice, water and olive oil. Cook in a double boiler until slightly thickened, stirring constantly meanwhile. For potato salad use ½ cup lemon juice and no water.

Cabbage Salad—Cream Dressing

Cut a small, firm head of cabbage quite fine. Serve with a cream dressing made by using—

- 1 cup cream (preferably sour)
- 1 tablespoon lemon juice
- 1 scant tablespoon sugar
- 1 teaspoon salt
- ¼ teaspoon celery salt

Beat the cream with a Dover egg-beater until smooth. Gradually add the lemon juice and sugar, then the seasoning. Beat thoroughly. A very attractive way to serve this salad is to remove the center from a rather large head of cabbage, scalloping the edges, making six or eight points. Then garnish with a sprig of parsley at the base of each scallop and around the plate on which the cabbage is placed. Fill with the salad and serve from this.



Cabbage Salad

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RECEPTION TO THE PHYSICAL CULTURE SCHOOL

At the close of the first week of the Summer School of Physical Education, the members were invited to a reception at Dr. Kellogg's residence. The class met in the gymnasium at 7.30 Sunday evening and, accompanied by Professor Winjum and Dr. Berggren, walked in a body to "The Oaks." Between fifty and sixty students and friends were present. After several selections by the Sanitarium orchestra, led by Wm. T. Drever, a few words of welcome were spoken by Dr. B. N. Colver. Following another selection by the orchestra, Miss Christine Wade rendered a vocal solo which called forth an encore. Miss Williams gave a reading, "The Matinee Girl," which she followed by a typical negro poem by Paul Dunbar. Following another selection by the orchestra, Dr. Tell Berggren recited a poem.

Dr. Carolyn Geisel, who had just returned from a trip, was enthusiastically received by the company and gave a very interesting talk on the needs of the world, and the opportunities afforded by this school. She said that though a large number were in training there was no danger of there being an oversupply of teachers along the lines of right living. In her extended work throughout the Chautauquas of the country, she has learned that the people are eagerly awaiting just such teachers as can be developed in this branch of the Battle Creek Sanitarium training work. She was delighted to see so many present and hoped that after their training they would go forth and send back more recruits to the training school.

In closing the program Dr. J. H. Kellogg, host of the evening, outlined the general policy of the Sanitarium in regard to the School of Physical Training, as well as the other educational efforts. It is the purpose of the management to afford to the largest possible number an opportunity of acquiring the simple health principles upon which the work of the past forty years is based. He offered to the school the use of his private park quarter-mile running track, and swimming pool, for the purpose of field athletics and general recreation.

At the close of the program the members of the class and their friends were presented to Dr. and Mrs. Kellogg and passed to the grove surrounding the residence which was illuminated with Japanese lanterns. Here light refreshments were served, after which this first social occasion of the Summer School came to a happy end. The regular school work is moving along nicely. There are at present thirty-eight pupils enrolled and word has been received from several who expect to join the work during the current week.

A FRESH WATER SEA VOYAGE

THE new steamship Hamonic is not only the largest and swiftest ship of her class but is a most handsome vessel in her outside appearance and interior decorations, the scheme of ornamentation being beautifully beyond anything yet attempted for the Lake Superior trade. Her general dimensions are: length, 365 feet; beam 50 feet; moulded depth, 27 feet; gross tonnage, 5,000 tons; horse-power 7,000; speed 21½ miles per hour. Passenger accommodations, 400 first-class and 75 second-class. She will make weekly trips from Sarnia to Port Arthur, Port William and Duluth.

For handsome booklet describing the Hamonic in detail apply to L. J. Bush, Pass. Agt., who will also furnish information as to fares, schedules, etc.

THE SUNSHINE CLUB

A NEW feature of the Sanitarium work is the Sunshine Club, established for the systematic cultivation of the habit of brightness and good cheer. It meets daily at 2 P. M. in the main parlor. The instruction is designed to help the patients to look at the bright side of everything, and to entertain the sunshine of bright, good, and wholesome thinking; to enable them to occupy the mind with healthful, happy thoughts; and thus in the truest and best way turn their minds away from their ailments and themselves.

It has long been recognized by physicians that cheerfulness of mind is one of the most potent factors in the cure of disease. This, however, is too often put in the negative form only: "Do not worry;" "Do not be downcast," etc., etc. The object of the Sunshine Club is to give this idea the positive and lasting setting, by showing how to be always bright and cheery and of good courage. Accordingly the motto of the Club is the following:

"Whatsoever things are TRUE,
"Whatsoever things are HONEST,
"Whatsoever things are JUST,
"Whatsoever things are PURE,
"Whatsoever things are LOVELY,
"Whatsoever things are of GOOD

REPORT.

If there be ANY virtue, and if there be ANY praise,

"THINK ON THESE THINGS."

Each session some happy thought is presented, and the patients are led into the field of better living through the better thinking. The mind is the man. Where the mind is, there is where the person lives. With the mind occupied and delighted only with what is true and lovely, pure and praiseful, the life can not be anything else than happy.

Science has conclusively shown that even the involuntary functions are materially affected by the condition of the mind. Quietude, pleasantness and good cheer distinctly promote vitality; while fear, distrust, anxiety, care, anger, just as distinctly retard functional

activities and prevent healthful action. Thus the purpose and the work of the Sunshine Club is medicinally strictly scientific and is most fittingly a part of the general Sanitarium system of physiological therapeutics.

And, like the rest of the general Sanitarium system, it is according to truest Biblical principles of health and happiness. For in the Bible in making effective God's great "wish above all things that thou mayest prosper and be in health, even as thy soul prospereth," He has said "Casting all your cares upon Him, for He careth for you;" "Peace, peace, saith the Lord, and I will heal him;" "The inhabitant shall not say, 'I am sick' for the people that dwell therein shall be forgiven their iniquity." "Perfect love casteth out fear;" "Be ye transformed by the renewing of the mind;" "Let this mind be in you which was also in Christ Jesus." And when the mind is contented, the heart peaceful, the thoughts happy, then all the functions of the body, all treatments and remedies, have free course and full opportunity to have their fullest and very best healthful effect.

The truest measure of happiness is the disposition of helpfulness in all things to all persons. Accordingly it is the purpose of the Sunshine Club not to center even the good upon themselves, but freely and cheerily to pass it on everywhere and to all, so that all others shall likewise be benefitted as these have been.

The Scandinavians of the Sanitarium and its neighborhood held a meeting on the evening of July 4th, celebrating not only the natal day of this country, but also their own national anniversary which rightfully occurred on the 26th of June. Professor Simonson, of the Northwestern University of Chicago, was present and addressed the meeting, as did also Col. Clark E. Carr of Galesburg, Ill., who was for four years Minister to Denmark. Among those present were R. S. Hoxie, of the U. S. Army, and Mrs. Hoxie. Col. Carr's reminiscences of his experience in Scandinavia and acquaintance with the royal household of Denmark were very interesting. There were about ninety persons present.

VACATION SNAPS

— VIA —

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ARRIVALS

The following is the list of arrivals at the Battle Creek Sanitarium for the week ending July 5: Miss Ida R. Meyers, New York; H. G. Furber, N. Y.; Elizabeth Condit, N. J.; H. J. Messing, N. Y.; Mrs. Messing and child, N. Y.; Miss Klau, Miss.; J. T. Atkinson, Ont.; J. Penimore Cooper, Ind.; J. G. Coglian, Mich.; H. G. Reitz, Ohio; Clara V. Radabaugh, O.; A. W. Wagner, Ind.; Mrs. J. A. Heming, Ill.; J. H. Sykes and wife, Okla.; James L. Cottrell, Va.; Mrs. G. L. Anderson, Va.; W. M. Burger, Jr., Mich.; James A. Girmwald, Pa.; E. Cornelius Andrews, S. Dak.; Elizabeth Adair, Ill.; Nettie Perroyar, Mich.; Wallace Tedford, Mich.; Eva Brannan, Ala.; Mrs. Wm. F. Glass, Ia.; Mrs. H. C. Cecil, Ind.; J. H. Holley, wife and son, W. Va.; Mrs. Nora Ward, W. Va.; Mr. and Mrs. Mendleson, Pa.; Dr. W. B. Kiger and wife, O.; Mrs. Corilla Kiger, O.; Mrs. A. Adamson, O.; J. T. Austin, Ky.; V. P. Moriarty, Tenn.; T. C. Kirkpatrick, Tenn.; Wm. Tucker, Tenn.; Miss Jean Scott, Tenn.; Mr. and Mrs. Wm. Tucker, Jr., Tenn.; Alex McArthur, Ill.; J. D. Houston and wife, Tex.; Dr. J. B. Cranfill, Tex.; M. C. Tomblin, Ark.; James L. Pearce, Ky.; Mrs. W. J. Hickok, Mich.; C. W. Goerlitz, Pa.; Mrs. G. S. Calder, O.; Mrs. M. E. VanWormer, Mich.; Henry Waters and wife, N. Y.; Mrs. Alta N. Davis, Ill.; J. M. Turner, Ill.; Mrs. Geo. H. Shelton, D. C.; Dr. Wm. R. Jones, Calif.; Mrs. Nat. D. Gwynne, Mo.; Cordelia Roberts, Pa.; A. J. Parker, wife and son, Tenn.; Mrs. J. F. Letton, Ia.; Mrs. J. H. Page and daughter, Ill.; Donald G. and Donald R. Fraser, Ill.; Mr. and Mrs. Lawrence H. Smith, Ind.; R. Wilson, Ind.; J. S. Lincoln, Mich.; Miss Jessie E. Watson, Ont.; Louis Wilson, Wyo.; J. B. Vykerk, Mich.; Catharine E. Lovell, Ia.; Mrs. Hattie Field and daughter, Ky.; Mrs. E. H. Wilson, N. Y.; S. Y. T. Knox, Ark.; J. C. Myers and wife, Neb.; W. H. Wilson and wife, Mich.; O. R. Riordan, Mich.; A. Marx, Ark.; T. F. McFall, Pa.; E. C. Fox, Tex.; Miss Blanch Fox, Tex.; D. R. Rodgers and wife, Pa.; Miss C. A. Rodgers, Pa.; Leo Auspaugh, Mich.; W. W. Nichols, N. Y.; Oscar Leicester, Tex.; A. F. Huber, Minn.; Mrs. M. Queen Smith, Ala.; Mrs. Major Smith, Ala.; Fueuk Glabocink, Minn.; H. B. Morgan, Ill.; A. G. Can, Mich.; Mrs. E. J. Tippet, O.; Mary E. Latta, Ill.; Mrs. Clark E. Carr, Ill.; Isabel H. Findley, Pa.; R. E. Patton, Pa.; W. R. Payne, Ky.; H. Brin, Tex.; Mr. and Mrs. W. L. Hayden, Ind.; Miss Jennie Lemeer, Mich.; Miss Pearl Lemeer, Mich.; John A. Robinson, O.; Catharine Smith, O.; Mrs. John Griffin and children, W. Va.; F. T. Zimmerman and wife, Ind.; Sallie Weavers, Ind.; Miss Mary McNamara, City; H. H. Niles and wife, Miss.; Mrs. Johnson Lawrence, Ill.; Mr. and Mrs. W. D. Bous and son, Ia.; Mr. and Mrs. Edw. Gleason, N. Y.; Miss Hortense Gilbert, N. Y.; Sophia Manns, Tex.; Wm. W. Hollway, Mo.; Mrs. Wm. Hollway, Mo.; Morris B. Ctsch, Ky.; Wm. O. Williams, O.; Mrs. M. Joseph, N. Y.; J. G. Jackson and S. G. Jackson, W. Va.; H. H. Ashenfelter, Pa.; M. W. Clare, M. D., Ark.; Sarah Lawson, Ill.; P. S. Lawrence and wife, La.; Dr. and Mrs. Jno. A. Ruby, Mo.; Mr. and Mrs. F. L. Busey, Ill.; Mrs. O. G.

Fraser, Ill.; W. H. Bowman and family, Ill.; S. J. and C. B. Stephenson, Ind.; Ethelwyn S. MacMichael, Pa.; Mr. and Mrs. J. I. Hawley and three children, Africa; Mr. and Mrs. S. M. Bennett, S. C.; Bertha Anderson, Ill.; J. M. Smithwick, Ga.; Al. O. Burs, Tenn.; Anna Liesch, Ill.; L. S. Parks and wife, Tenn.; Philip Wild and son Oscar, O.; Henry Bantlin, Ill.; L. F. Wilcox, Mo.; Miss Alice Baird, Minn.; W. Reardon, Mich.; Chas. Wolohan, Mich.; John Seward and wife, O.; Mr. and Mrs. John H. Chesteman, Pa.; D. N. Lewis, N. Y.; Mrs. Walter C. Mack and Florence, Mich.; Christian Mack, Mich.; Jautina Costa, N. J.; C. W. Johnson, Ia.; Frank H. Barbe and wife, Ill.; S. H. Madden and Wales Madden, Tex.; W. O. Jaffery and family, N. Y.; Miss E. V. Kelancey, Ill.; Mrs. S. F. Max Picett, Ia.; T. I. Hann, Ia.; D. T. Hammond, Ill.; Mrs. J. Slater, N. Y.; Miss C. G. Slater, N. Y.; S. A. Gregg and wife, Mo.; Mrs. A. Hice, Mo.; D. L. Beard, Calif.; W. C. Kellogg, City; S. Wachenheim, Miss.

PERSONALS

S. A. Gregg, of Sedalia, Mo., has returned for further treatment.

Nurse Ora Robinson has returned from a vacation spent in Canada.

D. T. Hammond, of the Chicago Board of Trade, has registered as a patient at the Sanitarium.

Dr. Moshier and her mother have returned from Mauston, Wis., after spending a month at their old home.

The families of Dr. M. A. Mortensen and Dr. S. E. Barnhart have gone to Mill Lake for a few weeks' rest.

Wm. Tucker and son, V. P. Moriarty, and H. C. Kirkpatrick are among the recent arrivals from Ripley, Tenn.

Miss Sophie Manns, a missionary from Shanghai, China, has come to the Sanitarium for much-needed rest and treatment.

Mr. and Mrs. J. H. Holley and son, of Charleston, W. Va., have returned to the Sanitarium, bringing with them Mrs. Nona Ward.

Dr. E. B. Mauk, a prominent general practitioner and very well known in political circles in Delphos, Ohio, is with us for a few days.

Dr. M. W. Clare, of Ureka Springs, Ark., and Dr. John H. Riley, of Fulton, Mo., are among the recently arrived physicians at the Sanitarium.

D. D. Hann, of South Brownsville, Pa., is among the recent arrivals at the Sanitarium. Mr. Hann is superintendent of the gas and water works in that city.

Dr. Jean Whitney Morse, who has been spending the past three months in Philadelphia, taking a post-graduate course, has returned. Dr. Louie Vandervoort is expected home this week from the same school.

Dr. Ralph DeVault, the Sanitarium photographer, has returned from Asheville, N. C., whither he went to visit his father who was quite ill. His father is improved in health and his parents expect later to remove to this city.

Mr. and Mrs. Fred Johnson, of Santa Barbara, Calif., former nurses in the institution, are spending a few weeks with Mr. Verne Osborne and family. From here they will go to Detroit, where they will take up work with Dr. Jean Vernier.

Prof. Benn Nicola, of the senior medical class, has returned from the Attleboro, Mass., Sanitarium, of which his brother, Dr. C. C. Nicola, is superintendent. The family celebrated at this time the golden wedding of their parents, Mr. and Mrs. Z. Nicola, of College View, Neb.

Mrs. Dr. W. F. Martin and daughter have returned from Porto Rico where they have been spending the winter. Dr. Martin has become so engaged in medical work that he was not able to leave with his wife, but expects to return the latter part of July. Arrangements have been made, we understand, whereby Dr. Harry B. Knapp, of Wicomico, Pa., a graduate of the A. M. M. C., will go to Porto Rico to take up the work opened up by Dr. Martin. Mrs. Martin expresses the utmost interest in the island and states that they have enjoyed a very pleasant winter there.

Some people only mind their own business when they have nothing else to do.

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The Battle Creek Sanitarium
School of Health and Household Economics
BATTLE CREEK, MICHIGAN

News Notes

Miss Pearce, of Albion College, is filling temporarily the place of Miss Mitchell, who is away on a much-needed and well-earned vacation.

The interest in the school is excellent and the prospect for the future of this feature of the Sanitarium work is now more encouraging than ever before.

Mr. and Mrs. Jaspersen, missionaries just arrived from Algeria, are finishing certain subjects required by the State and will enter the A. M. M. C. in September.

The Sunshine Club that meets daily at 2 p. m. in the Main Parlor is proving very helpful to the patients. Just drop in any day and see for yourself. You will find it good while you are there and you will get good to take away with you.

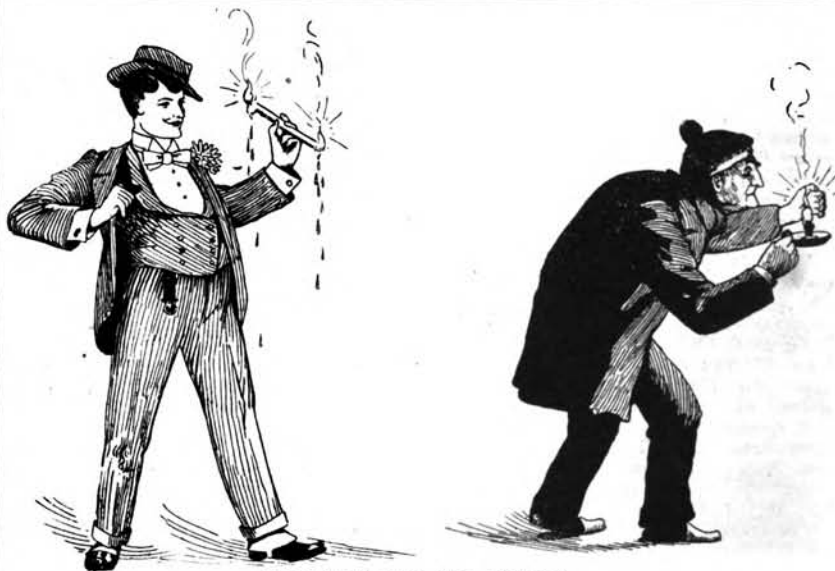
Sunday evening, July 11, was pleasantly spent by the Physical Culture School at the residence and grounds of Dr. Kellogg. Besides music and recitations, brief addresses were made by Dr. Geisel and Dr. Kellogg. The evening was closed with refreshing watermelon on the lawn.

Rev. Harvey Graeme Furbay, Ph. D., manager of the Industrial Christian Alliance, New York, is again a patient of the Sanitarium. This is not Dr. Furbay's first visit to our institution. He enjoys a well-merited fame both as preacher and an unselfish worker along the lines to which he has especially devoted his life. We hope to hear from Dr. Furbay when he is a little stronger.

The Battle Creek Chautauqua assembles on the 23 inst. and holds until August first. No pains have been spared by the managing committee to have the very best talent provided in order to maintain the excellent character established last year. The attendance last year was such as to assure those having the matter in charge that they would be supported in obtaining the best there is to be had. Now it is up to the people of this community to show their appreciation of what has been done and again rally to the enthusiastic support of this institution.

We feel assured that they will do this. We are not ignorant of the benefit that this Chautauqua is sure to confer upon us individually and collectively in many ways. We are informed by the secretary, Mr. John I. Gibson, that the prospects for a successful season are very encouraging indeed.

"Kitty," said her mother, rebukingly, "you must sit still when you are at the table." "I can't, mamma," protested the little girl; "I'm a figetarian."—*Chicago Tribune*.



Save the Candle (See Editorial)

BATTLE CREEK SANITARIUM SCHOOL OF PHYSICAL EDUCATION

Special Summer Course now in Session, until September 10th, 1909

The Board of Directors of the Battle Creek Sanitarium have organized this school in order to crystalize the work in Scientific Massage, Swedish Gymnastics, Manual Movements, and general educational work along the lines of right living. This work has been carried on continuously for more than thirty years in connection with the gymnasium, lecture and class work for the patients, nurses, students, and general help of the Battle Creek Sanitarium. The summer course is especially adapted to the convenience of teachers, university students, and others desiring a change of vocation and rest, while at the same time earning their expenses and pursuing a profitable course of study.

The following subjects are given: ANATOMY, HISTOLOGY, PHYSIOLOGY and HYGIENE, HYDROTHERAPY, MASSAGE, FIRST AID and EMERGENCY NURSING, DIETETICS, PHYSICAL DIAGNOSIS and ANTHROPOMETRY, GYMNASIUM NOMENCLATURE and TACTICS, GENERAL GYMNASIUMS and MARCHING, MAT WORK and TUMBLING, APPARATUS WORK, WRESTLING and FENCING, CORRECTIVE EXERCISES and MANUAL SWEDISH MOVEMENTS, and ATHLETICS and FIELD WORK.

The tuition for the ten weeks' course is \$20.00. By working from three to six hours a day, each student will be able to pay practically all of his running expenses. An opportunity for such work will be offered in the various departments of the Sanitarium.

The regular school year opens October first, and running to June first, nineteen ten.

Any who are interested will be sent illustrated announcement with further details on request. Address,

The Battle Creek Sanitarium School of Physical Education
BATTLE CREEK, - - - MICHIGAN

THE BATTLE CREEK IDEA



Vol. II No. 33

BATTLE CREEK MICH. JULY 23 1909

Price 2 Cents

NERVOUS EXHAUSTION, THE AMERICAN DISEASE

A Lecture to Guests and Visitors in the
Sanitarium Parlor by Dr. W. H.
Riley, July 7, 1909

THE names of nervous afflictions are legion. Every organ and function of the body is subject to nervous derangement because the entire body and all of its actions are under the control of the nervous system. I shall try

INTERESTING ADDRESS BY COL. CLARK E. CARR

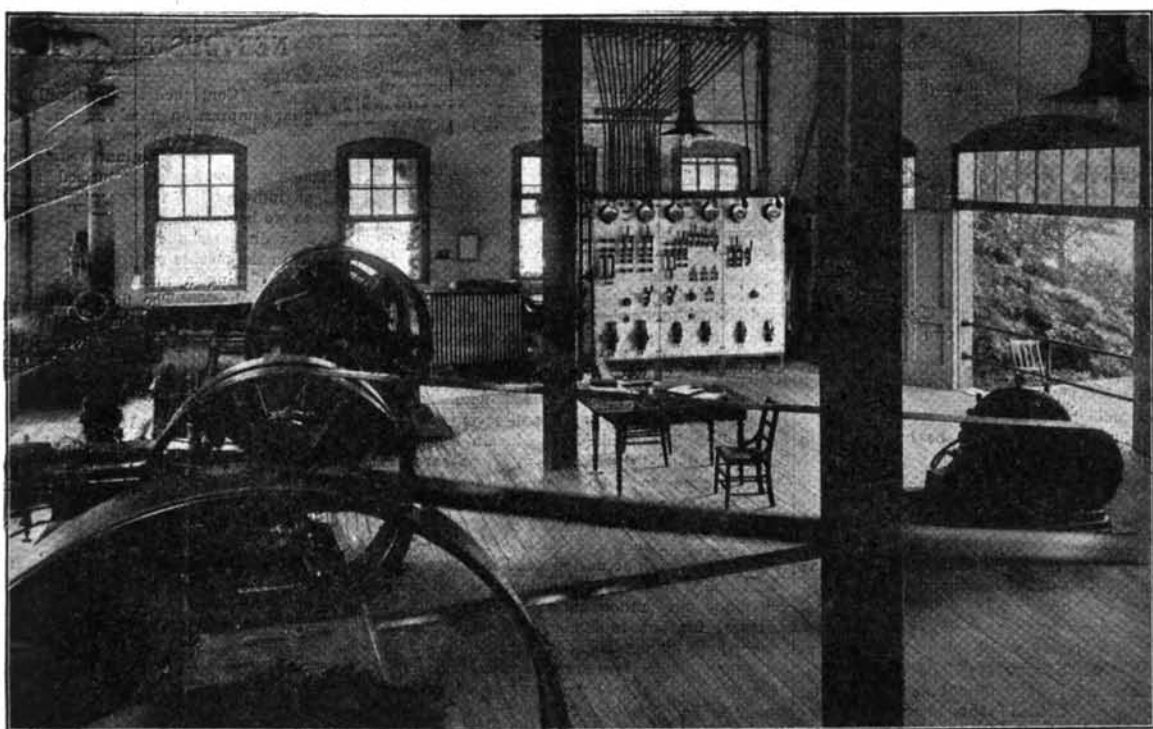
Friend and Associate of Abraham Lincoln—Cites Reminiscences of the
Great American

FOR a few weeks the Sanitarium has entertained Colonel Clarke E. Carr and his estimable wife, of Galesburg, Ill. Colonel Carr is one of those who have had a wide experience and acquaintance with men and things. He was

The Evils of Civilization

Evidences of Race Decay Pointed Out by
Dr. J. H. Kellogg in Talk to
Patients and Guests

WE are almost civilized to death. We have been so anxious about civilization that we have forgotten all about ourselves. The human race is hurrying down the hill of race degeneracy to certain race extinction unless by some means



THE SANITARIUM DYNAMO ROOM

at this time to describe to you what we may call a typical case of nervous exhaustion, the common name for which is neurasthenia.

A consideration of this disease may be divided under various heads, such as causes, symptoms, and treatment, and these again are capable of being subdivided many times. Causes of nervous breakdown may be classified into two groups—predisposing causes and exciting causes. Among the predisposing causes we have prominently that of heredity. Heredity is a matter which is much discussed pro and con, but is very little understood. Scientifically, heredity consists simply of the

(Continued on page two.)

a personal friend of Abraham Lincoln, and was with him at the time he gave his famous Gettysburg address. He has also represented the country at the court of Denmark, and on several occasions in other lands. It was through his efforts principally that Indian corn was introduced into Europe as human food. Colonel Carr inaugurated and conducted the notable "Corn Kitchen" in connection with the Paris World's Exposition in 1900.

On the occasion of our last Helpers' Meeting, Colonel Carr was asked to give some personal reminiscences. The interest to hear him was so general that it was decided to make a

(Continued on page five.)

the tide can be turned the other way. We have either to make water run up hill, or else level down the hill in some way. We must turn things about. When we look into the situation, we find in this country alone a million and a half people dying every year out of our population of only eighty-five or ninety millions. In some countries, and in some parts of this country, the death-rate exceeds the birth-rate. In France, for a whole generation the death-rate had been ahead of the birth-rate, until the government set a premium on children and offered special favors to those with large families. They have now reached the point where the birth-rate and the death-rate are equal, and

they are now feeling very jubilant about it.

We find most indubitable evidence of the increase of race deterioration and degeneracy in the increase of insanity. Intellectual activity is the highest manifestation of human life. When the brain begins to fail, it is evidence that the whole body is failing. The body fights to maintain its mental powers; it labors to the very last for the integrity of its highest functions. The brain receives more blood than any other organ in the body in proportion to its size, one-fifth of all the blood of the body passing through the brain. The brain maintains its normal activity after every other organ of the body has begun to deteriorate in advancing age. We often see a man of eighty with his brain as clear, his mind as active, as it was at forty, while his limbs are withered and his liver and stomach are shriveled, his heart is small, and his arteries beginning to show evidences of hardening. We had a splendid example of that in Gladstone, and even in Bismarck who departed far away from normal habits of life.

Thus the body maintains the integrity of the brain as long as it possibly can; so when we find evidences of a marked increase of mental degeneracy from year to year, it is evidence that the physical stamina of the race as a whole is deteriorating. If it could be proved that insanity had increased three hundred per cent in a thousand years, it would be a terrible thing to contemplate; and what shall we think when we consider that it has increased three hundred per cent in fifty years! Instead of having between five and six hundred lunatics to the million, as was true fifty years ago, we now have eighteen hundred to the million. Of lunatics, imbeciles, epileptics and idiots put together, we have three thousand four hundred to the million at the present time. In fifty years more we should have, at the same rate, ten thousand to the million, and that would be one per cent. And in fifty years more it would be three per cent; in fifty years more, nine per cent; in fifty years more, twenty-seven per cent; in fifty years more, eighty-one per cent; and in fifty years more, two hundred and forty-three per cent. We could not get so far as that, of course; we would have to stop at about two hundred and sixty-five years, when we would have one hundred per cent. In other words, the race will all be lunatics and idiots in two hundred and sixty years from now—if we do not change our pace.

What I have told you of the increase of lunacy does not come anywhere near being the truth. I was talking with the secretary of the State Board of Charities of Illinois a few months ago upon this question, and he said, "I have been studying the matter in Illinois. We have ten thousand lunatics in the insane asylums in Illinois, and a large number more who ought to be there. From the data which I have been able to get together, I am satisfied that there are fifty thousand lunatics in the State of Illinois outside of the insane asylums."

There are other evidences of deterioration. There is unquestionably a deterioration of the acuteness of sensation. Civilized man has lost his sense of smell almost altogether. See what a marvelous sense of smell the dog has. His master passes through a crowded street into a crowded lecture hall, thousands of other feet perhaps having passed over his tracks, on hard pavements where no impression is made by the steps, and the dog will follow that trail almost without fail. And there are certain tribes in Africa that have almost the same keenness of smell. The savage can not only smell farther and surer than the ordinary civilized man, but he can see

farther. The man who lives in the country has a far keener vision than the city man. Civilization is causing many of the population to become blind. The average boy gets to be short-sighted or far-sighted before he leaves school. (About ten per cent of school children have defective eyesight to begin with, and by the time they get to high school, three-quarters of them have some defect of the eyes.) A physician of New York reported at the recent meeting of the American Medical Association that seventy-eight per cent of the school children of New York had defective sight. Of course, the rate would not be so bad as that in the country; but that is the effect of city life; and it means race deterioration, and finally extinction.

The endurance of the savage is incomparably above that of the civilized man. There was a discussion at the first Hague Peace Conference as to discontinuing the use of explosive bullets, that tear and make great holes in the flesh. Most of the nations agreed to discontinue the use of such missiles in warfare—there was only one nation that would not agree to it, and that was Christian England. "Because," they explained, "the savages that we have to combat in our colonies have such toughness of constitution, such an enormous amount of vitality, that we can not kill them with ordinary bullets," and the story was told of how a savage chief charged upon an officer with his spear. Seven bullets were put through him, but he didn't stop until he had run his spear through the officer and killed him, then he dropped dead himself. These savages have extraordinary vitality and vigor of constitution. A civilized man gets a scratch somewhere, the puncture of a needle it may be; a few germs get under the skin, and pretty soon the arm swells up, the glands enlarge, and he dies of blood-poisoning; while a savage seldom succumbs to blood-poisoning.

The civilized life is far from natural. A North American Indian or a South American monkey placed under the conditions of high civilization under which most of us live would die in six months. The health officer of Chicago, Dr. Evans, taught the people of Chicago a very good lesson last winter. The people of that city are dying of tuberculosis at the rate of between six and seven thousand annually. The monkeys in Lincoln Park were also dying of tuberculosis, so great care was being taken to keep them warm; but Dr. Evans went over to the park and turned the monkeys out of doors. Everybody was sorry for them; but they got well; so he invited the people to come out and see the monkeys cured of tuberculosis by an outdoor life. Man is naturally an outdoor animal. It is just as natural for him to live out of doors as it is for the monkey. This is a good thing to remember this time of year, for if we get accustomed to living out of doors in the summer, we may perhaps be able to continue it in the winter.

Man in a normal condition is unquestionably the most perfect animal organism that the face of the earth. If he were not, it would not be possible for him to live under the conditions which he does. Man is unquestionably the most perfect animal organism that exists, but there are some things that he is not as well adapted to as some other animals. For instance, the turkey buzzard has an enormous liver, but man has not. The dog has a liver four times the capacity of man's. That is the reason why he can live on a diet that man can not live on. A dog can eat *pate de foie gras* every day with no trouble, but if a man undertakes to live on that diet, he soon finds himself in difficulty.

The fact is that our boasted civilization is responsible for the downward way in which civilized nations are tending. The elements of decay and dissolution have been introduced through habits of living which debilitate and destroy our health and vigor. We have but to contrast our methods of living with many of the more natural methods of savage tribes and nations to discover how far we have wandered away from the simple life, and how complex our methods of living have become. The demands of fashion distort and maim our bodies, restrict our powers and undermine our health. Compare the graceful and easy methods of dress employed by the less civilized people with a modern, fashionable man or woman, and you will have discovered one of the great secrets of our downfall and undoing. Our modern houses, too, are responsible for many of the prevailing ills. Shut in from fresh air, we live in a poisonous, stuffy atmosphere that would kill off an aboriginal in a short time. And our tables have become to us what the psalmist prayed that the tables of his enemies might become, "a snare unto them," and we are falling into the pit by hundreds of thousands. The evils of modern society are largely those which our pretended civilization have forced upon us, which, by the way, is not civilization in the highest sense of the term; for true civilization will tend to elevate not only the mental but the physical and spiritual elements of human nature.

NERVOUS EXHAUSTION

(Continued from page 1)

peculiar impression made upon the original cell by parents. Let me explain by saying that every human being originates in a single cell. This cell may be characterized as the germ of an individual, a microscopical creature with which we begin our existence. It is 1-250 of an inch in diameter and has within a network of fibers in the meshes of which is a fluid of cytoplasm inclosing a nucleus, which is the vital part of the cell. The fibers form the framework which preserves the identity and form of the cell. This cell receives its character from those who give it life and being. This impression may be more or less marked with peculiarities. It may be strong and vigorous, or weak and inactive. It may be marked with certain tendencies to disease, or left in a normal, healthy state; and according to these impressions will be the status of the individual resulting from the cell.

Heredity, then, is a term used to express conditions which are transmitted from parents to their offspring, and these conditions are imparted to the original cell. This impression may consist of some particular physical weakness or may take the form of some other disease.

This hereditary factor is frequently very active in producing neurasthenia,—not that it is a universal cause, but a frequent cause. When we see a youth of fifteen or sixteen years break down with nervous exhaustion, we say that the hereditary factor in that case is the predominating influence. Later in life the hereditary factor is not as active. This transmission of the disease by heredity may be directly from the father or mother, though the tendency to disease may be transformed to some other form of disease. Alcoholism may produce epilepsy, tuberculosis may result in hysteria, and a large number of such transformations may take place. Consequently we sometimes have nervous exhaustion inherited from tuberculosis or other constitutional diseases.

There are certain diseases of nervous breakdown in which the hereditary factor is especially active, such as migraine and sick-head-

ache. Ordinarily it has been supposed that sick headache was caused by some disorder of the stomach, but it is now well understood by the best practitioners that sick headache is, in the great majority of cases, a nervous disorder, and is liable to have been transmitted from the parents. Having made considerable study of this subject, I find that migraine and sick headache frequently affect different members of the same family. I have in mind one family in which no less than six or seven members suffer from this trouble.

The four functional nervous diseases in which heredity appears as the most active factor are migraine, epilepsy, neurasthenia, and hysteria. Another predisposing cause that might be mentioned is that of racial distinctions. The Jewish people are especially subject to neurasthenia. The Irish are also more liable to it than the English. Another condition influencing this disease is that of age. The age of the individual has apparently much to do with liability to neurasthenia. People from twenty to thirty years of age are most liable to it. The age from thirty to forty experiences comparatively few attacks, and after fifty there are scarcely any appearances of this disease.

As to sex it may be claimed that typical cases of neurasthenia are more often observed in males, while with females it more frequently appears in connection with other disorders. Neurasthenia is especially prevalent in our own country, so much so that it is frequently styled "the American disease"; and there are reasons for this in the complexity of our American life—commercially and socially we are living under the most strenuous conditions. It is noticeable that neurasthenia is more prevalent in the western portion of our country than in the southern and eastern. This is generally attributed to the fact that the West abounds in sunshine and high winds, which, with the usual elevation and light atmospheric pressure, are conducive to nervous stimulus and have a tendency to bring on nervous breakdown. Another distinction we observe is that neurasthenia is a disease peculiar to the intellectual classes,—professional men and women are specially susceptible. Writers and those who have to use their brain energy and consequently exhaust the nervous system, are more disposed to nervous exhaustion than people who labor at manual work.

These are some of the predisposing causes, but the exciting causes are even more numerous than those we have considered. In the diagnosis and treatment of this disease, we have always to start with the individual himself. It is not a disease which can be treated on general principles. Every case has its own peculiarities, and the successful treatment depends very largely upon the physician's obtaining a thorough understanding of his patient. It is essential that every organ of the body should be examined and the bodily habits all taken into consideration.

First, we consider the patient's predisposition. Then we take into consideration what we call the exciting causes. Prominent among these are nervous shocks and nervous strains. A shock may be caused by fright, sudden fear, sudden grief or loss, while a strain comes more deliberately and extends over a longer period. It may be caused by losses, by anxieties, disappointments, etc. Anything which makes a sudden, unexpected, unpleasant impression upon the mind may be called a shock, while anything that puts an extraordinary strain of anxiety upon the mind and nervous system is considered a mental strain. People who have passed through some accident or fire or wreck often develop neurasthenia. As the result of the fire in the Iroquois theater some years ago, several

people came to the Sanitarium suffering from neurasthenia. They bore no marks of violence, they had received no physical injury, they were not insane, but their nervous systems were practically broken down.

Next among the exciting causes we notice that of poisons. These consist, first, of poisons that voluntarily enter the body in the shape of tea, coffee, tobacco, drugs, and alcohol; second, poisons that are accidentally taken into the body, such as germs and bacteria. Third, there are the chemical poisons produced by changes in the tissues. These are being constantly produced in the body and if not eliminated through some of the purifying organs, will cause nervous symptoms such as neuralgia and other affections. Fourth, we have specific poisons and symptoms resulting from typhoid, diphtheria, pneumonia, etc., which sometimes leave the patient in a state of nervous exhaustion.

With reference to the first class of these poisons, it is well understood by medical men that they are fruitful causes of disease. The use of alcohol is a frequent cause of insanity,

of paralysis, of apoplexy. In fact, there is no organ of the body that is not affected by the use of alcohol, though it is only recently that it has become known that alcohol in small quantities causes functional disorders like insomnia and neurasthenia. A man takes his drinks of toddy or whisky in what he considers moderate quantities and perceives no harm from it, but finally he becomes sleepless, nervous, irritable, and fickle; and these are but the first steps to a total breakdown of the nervous system brought on by his habits. I have often demonstrated this truth by experiments with rabbits. I have fed some rabbits a very small quantity of alcohol and others a larger quantity, and so graded them as not to produce total intoxication; and upon examination of their spinal cord have found the same general condition prevailing in all classes—a condition of chromatolysis, the granules of the nerve cells being more or less impaired and broken down. This is the same thing that takes place in the human being in the initial stages of alcoholic diseases.

(Continued next week.)



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VOL. II JULY 23, 1909 No. 33

"YE ARE NOT YOUR OWN"

THE above dictum of Holy Writ has never been fully accepted by the human race. Indeed, very many have never heard of such a claim, and of those who have heard it, but few acknowledge it. The context of the quotation is: "Know ye not that your body is the temple of the Holy Spirit, which is in you, which ye have of God, and ye are not your own? For ye are bought with a price." The conclusion follows at once: "Therefore glorify God in your body and spirit which are God's."

The impression is very prevalent that we may do as we please with ourselves. Our stomachs are our own, and if we choose to abuse them, we have the right to do so. We may form any habits that we please so long as we are willing to take the consequences. Great objection is made to so-called sumptuary laws, intended to restrict the liquor traffic, as being an infringement of personal liberty. It is generally felt by the ones affected that a man who wishes to spend his money for drink, and debauch himself, should be allowed the liberty to do so. He is his "own boss," and he resents bitterly any effort to restrict him or his liberty to do as he pleases.

Leaving out for this time the question of how far one man may go in protecting another man from himself, we perceive that there is a higher claim upon us than any human law or jurisdiction holds. We are not our own. We have been redeemed by a great price; we belong to Him who paid that price. Our lives, our breath, and all that we have, come from the great Creator and owner of us all, and while he grants us life and its privileges, and among these privileges includes that of personal freedom to choose for ourselves, he does not free us from the responsibility of the choice we make and the consequence of our doings.

He who gave us this freedom has warned us fully that "Whatsoever a man soweth, that shall he also reap." Nor is the accountability here implied wholly a natural or physical one, for there is surely a very great moral consideration involved in the way in which we dispose of life and its opportunities. A pig or a dog will suffer the consequences of its physical sins, and doubtless there the matter ends. But not so with those who are endowed with God-like qualities and faculties of both mind and body. We are created for something better than mere sensual gratification. There is

a nobler object placed before us and within our reach.

Our Heavenly Father demands nothing of us that does not contribute to our best interests. He asks us to do nothing for the mere sake of pleasing Him. He is pleased when we are happy, and our highest good is His greatest pleasure. It is to safeguard us from evil that he compasses us about with laws that regulate our every action. Happy is the man who knows and does the will of his beneficent Creator and Redeemer. We may boast of our independence of men, but we are not independent of God. We are not our own, we belong to Him.

ELECTRICAL ENERGY A SANITARIUM HELPER

"WHAT is electricity, Mr. Scientist?"
"I don't know, sir, give it up."
"What is electricity, Mr. Engineer?"
"O well, I can not say just what it is, but it is my right-hand man."
"What is electricity, Doctor?"
"O, ask the other fellow what it is. I can only say that it is the most potent therapeutic agent I have at my command."

Men who can not give exactly a satisfactory answer to the direct query have learned to drop that and to seek out the purposes to which this unsearchable energy may be devoted in the social and economic world. And they have found a wide and varied field of discovery.

The Battle Creek Sanitarium was wide awake when this field was opened up and electricity was found to be available for other things than lightning rods and telegraph wires. The commercial use of electricity has developed along with the development of the Sanitarium idea and methods, and they are fast friends to-day.

Among the many departments into which the work of the Battle Creek Sanitarium is divided none is more widespread and more essential than the department of electricity. Not that it occupies the most prominent place as a healing or restorative agent, but it is so closely associated with many of the various methods employed that to take it out of our work would leave a tremendous gap unfilled.

Its uses in the Sanitarium may be classified into two divisions, mechanical and medicinal. In its mechanical uses electricity furnishes light, and motive power to various machines and mechanical apparatus; and in its medicinal capacity it is applied directly to the human system in electric baths and in general and local applications. And yet this division is by no means true to facts, since in many ways its mechanical power is used therapeutically.

The main Sanitarium electrical supply is generated in the dynamo room by three machines, representing nearly three hundred horse-power, which is about two-thirds of the electrical power used in the institution. This power is used to drive sixty motors in various parts of the institution. Some of these are in the mechanical shops, some in the various treatment rooms, and wherever mechanical power is needed. It is also used to create seven thousand lights, both the powerful arc and the more numerous incandescent lamps. It is employed to turn the treatment machines in the mechanical Swedish departments and to produce the many lamps of the electric-light

(Continued on page five.)

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ELECTRICAL ENERGY

(Continued from page four.)

baths, and the powerful lights of the photophores.

Next to the use of water no other agent is so effective in combatting disease as is the penetrating and recreating power of the electric light, which is practically a reproduction of sunlight in concentrated strength. There is healing energy as well as mechanical energy in the rays of sunlight, there is life and virtue in them; and these are utilized through the medium of the electric light. In the photophore department, lights of from 5,000 to 10,000 candle-power focus their rays upon the debilitated tissues, and this means death to deadly germs and new life to enfeebled organs.

Several distinct methods in the direct application of electrical currents to the body are employed. There is the electrical water bath, a full-bath of warm water impregnated with either the alternating or galvanic electrical current, which is thus distributed throughout the body, finding for itself the spots where it is most needed. There are the local applications of faradic, galvanic, or sinusoidal currents by means of moist sponges through which the current passes as the operator applies the sponge to the affected locality.

A separate department is devoted to the application of static electricity, where the entire body is charged with a gentle current with sedative effect. In addition to this should be mentioned the use of electricity for producing heat for patients in bed. This is done by means of electric lamps or by blankets interwoven with fine German-silver wires which offer resistance to the current and create a gentle heat.

There is also the X-ray and high-frequency department, where electricity of high voltages is brought into requisition. The X-ray apparatus is utilized for exploring internal tissues, and the discovery of foreign substances and unknown pathologic conditions or injuries, and for its penetrating effect on deep-seated troubles. The application of the high-frequency current stimulates the skin, destroys the elements of skin diseases, and is also used to reduce the blood pressure.

Socially and in a business way, electricity is the medium which operates five hundred telephones in the Sanitarium by means of which the many parts of the immense family are kept compact and in close touch.

The uses of electricity in the administration of physiologic remedies has already attained a prominent place, so that every physician needs to be an electrician. But what we have learned shows us that we have not yet reached the limit of its usefulness as a healing agent. As widely diffused and as abundant as the atmosphere, it seems passing strange that through all the past ages the world has lived unconscious of even the existence of so beneficent a power, mysterious though it is as to its analysis. We are as yet held in awe by its dreaded outbursts of power flashing forth death for the one who trespasses just a little too close upon its domain, and yet dealing out life, light, healing, motion, and strength to meet the needs of mankind in industry, in social life, and in the healing of the sick.

AN EXAMINATION ANSWER

THE heart has two chambers, one is the auricle, the other I cannot spell. Inside we have a pancreation for all our woes. The bile once came out on the back of my neck. We have several morals in our mouths. When I eat, the saliva is poured into my mouth by an innumerable number of little ducks.—Ez.

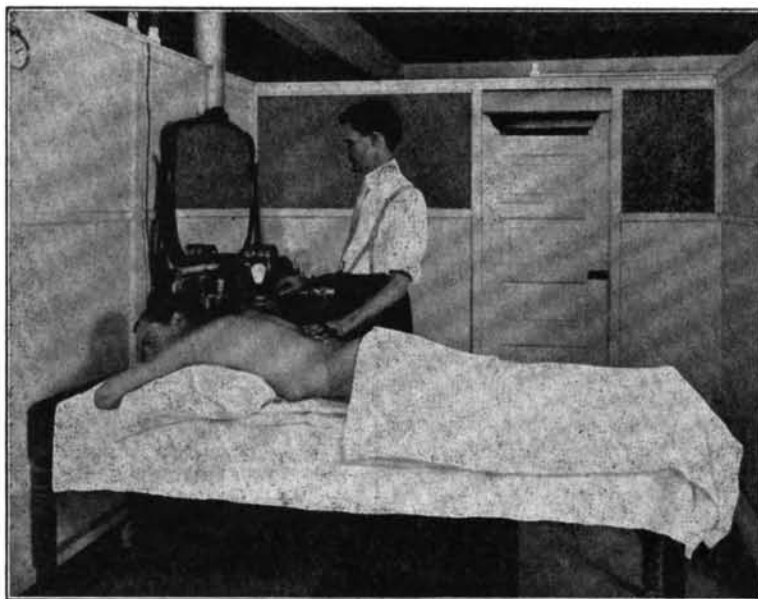
INTERESTING ADDRESS

(Continued from page one.)

family meeting of it in the gymnasium, on which occasion there was a very large attendance. Colonel Carr was introduced by Dr. J. H. Kellogg, who presided at the meeting.

Colonel Carr prefaced his speech with a few words in reference to his impressions of the Sanitarium, saying: "I should not do

justice to myself if I did not pause to speak of my impressions of this splendid institution. I had heard of its fame for years before coming here, and since our arrival it has been a continual study both to myself and my wife, and its real magnitude is constantly growing upon our comprehension. The work that is being done here is astonishing. Here I find people gathered from all parts of the country, afflicted with all sorts of maladies and habits, and the readiness with which they are



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relieved is simply wonderful. It reminds me of the colored man who went to the notorious Keesley Cure. He was a stalwart, healthy-looking man, and as a class was just being formed he ranged himself along with the other candidates. The doctor, coming to the Negro, remarked his fine appearance, and inquired if he were addicted to the liquor habit, to which the colored man replied, 'No, Boss, I ain't got no liquor habit.' 'Have you the cocaine habit?' 'No, Sah, 'aint got no cocaine habit.' 'Well, what are you here for, then?' 'Well, Doctor, I don't got the chicken habit, and I's been 'lected deekin, and I comes to get cured of de chicken habit.' And I find sure enough that the Sanitarium actually cures people of the chicken habit.

"The longer we remain the more our surprise and admiration for this grand work increases."

His speech was one of unusual interest, full of instructive incidents and statements. His character sketch of Abraham Lincoln was especially fine. For fifty-two years Lincoln lived an obscure life, hardly known outside the State of Illinois. His life had not been marked by anything like success. He had often been disappointed in his aspirations, for he had the usual share of ambition for place. His prospects were often blighted because of his unflinching adherence to what he believed to be right; for he would not sacrifice his principles nor his friends for his own advantage. His rise from obscurity was by means of the great popularity of his political antagonist, Stephen A. Douglas, who was the great man of his day. He had triumphed over every opponent, he knew of no one who could withstand his power. His senatorial term was nearly expired, a crisis was drawing on, and Douglas returned home to find his election contested by the obscure and unsuccessful Lincoln, whom he recognized as "a plain, humble, honest man." Lincoln advanced the proposition hitherto overlooked by the statesmen of his class, that "a house divided against itself can not stand"—the government could not endure in a divided state; either slavery must exist unrestricted, or else it must be abolished and removed. Douglas undertook to answer that dictum, and in doing so did Lincoln a great favor by publishing his statement in connection with his name, and people began to inquire, "Who is this Lincoln?" Douglas and the country soon found in the joint debates that followed that the plain, awkward man from the backwoods was able to meet the giant and to cope with him.

Leaving the subject of Lincoln at this point, the speaker gave a graphic account of many of the experiences of his interesting public career.

DISPENSARY REPORT

Sanitarium Dispensary Report for the month of June.

Inside work.

Patients enrolled.....	103
Consultations	404
Examinations	63
Surgical dressings	118
Office treatments	16
Operations	9
Bath room treatments.....	494
Massage	27
Phototherapy	104
Swedish mechanical	16

Out Work.

Doctors' visits	29
Nurses' visits	256
Families visited	95

Visits discontinued	6
New families on list.....	13
Total number on list.....	79
Treatments given	35
Families assisted by clothing.....	15
Families assisted by food.....	15
Garments received	103
Garments distributed	35
Orders for food.....	15
Laboratory examinations	58

ISABEL MACHERAKER, Nurse.

"DEEP breathing is the life of the lungs. Improper breathing merely fills out the upper parts of the lungs. Breathe deeply, especially when you are out of doors, and you will add years to your life, to say nothing of the inches you will add to your figure."

Whether we will or no, the greater part of life is passed alone; and, oh, how much depends on the upward guidance of solitary thought!—Liddon.

ANNUAL EXCURSION

≡ **Niagara Falls, Toronto, Alexandria Bay, Montreal and Quebec, Tuesday, AUGUST 10, 1909**

— VIA —

Grand Trunk Railway System

Tickets sold for all trains of above date. Return limit 12 days. Please ask for any information.

L. J. BUSH, Passenger Agent.

CHICAGO EXCURSION, Sunday, July 25, 1909

— VIA —

The Grand Trunk Railway System

Chicago and return, - \$2.25 South Bend and return, \$1.60
Cassopolis and return, \$1.00

Tickets good going only on fast train No. 5 leaving Battle Creek 2:25 A. M., returning on fast train No. 6 leaving Chicago 10:30 P. M. 16 hours in Chicago.

L. J. BUSH, Passenger Agent.

VACATION SNAPS

— VIA —

The Grand Trunk Railway System

SALT LAKE CITY, UTAH, AND RETURN \$42.35
On sale August 5 to 8, inclusive. Return limit 30 days.

SEATTLE AND OTHER NORTH PACIFIC COAST POINTS..... \$66.95
Daily until Sept. 30th. Return limit Oct. 31. If via California in one direction, \$15.25 higher.

SAN FRANCISCO, LOS ANGELES OR SAN DIEGO AND RETURN.... \$64.75
Daily to July 10, also July 27 to Aug. 6th.

NEW ORLEANS AND RETURN..... \$81.00
One way via New York and steamer between New York and New Orleans.
Meals and berths included on boat. On sale daily.

ANNUAL LOW RATE EXCURSION TO NIAGARA FALLS AUG. 10th
Toronto, Alexandria Bay, Montreal and Quebec. Return limit 12 days.

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ARRIVALS

The following is the list of arrivals at the Battle Creek Sanitarium for the week ending July 19. F. D. Erving, O.; A. J. Smith, Vt.; Mrs. C. F. Young, Mich.; M. B. McGowan, Wash.; J. Barzen, Mo.; Mr. and Mrs. Abe Strouss, Ind.; Geo. M. Plumber, O.; Mrs. Frances Seider, Ind.; L. J. Mouks, Ind.; E. R. Sweeney, wife and son, Mo.; Mrs. G. A. Anderson, Ill.; A. E. and A. O. Eichhorn, Minn.; Mrs. J. W. and Maude Parkhurst, Ind.; Chas. M. Bryan, Tenn.; Mrs. E. H. Hunter, Ia.; Gertrude Humphrey and Bertha M. Schaffler, O.; Mr. and Mrs. P. E. Hoss, Ind.; L. C. Ward, Mich.; Th. J. Thomsen, Minn.; R. F. Wilson, Tex.; E. W. Cowden and wife, O.; K. B. Pierce, Cal.; Wm. P. Stewart and wife, Mo.; Miss Virginia Straight, Mo.; S. W. Feeler, Ind.; L. A. Pires, Tex.; Mrs. S. S. McClure, N. Y.; W. F. Shallenberger, Pa.; A. E. Simon, La.; Leroy Percy and wife, Miss.; Mrs. F. W. Lothes, Ill.; A. Nash and wife, O.; Anna Thayer, Ind.; Florence Schultz, Ind.; J. A. Bowman, Ark.; Mrs. E. A. Ingersoll, O.; Mr. and Mrs. O. F. Mason, Ill.; Chas. F. Young, City; Mrs. Wm. Redd, Birmingham, Ala.; C. E. Wanwormer, Mich.; Stonewall Tingle and wife, Mich.; Mrs. Edwin P. Lyman and son, N. Y.; Mrs. S. S. Jones, Pa.; Mrs. R. T. White, Pa.; E. E. Quintan, N. C.; Richard Cromer, N. Y.; Mary T. Ritter, Ind.; Mrs. C. Knoph, Ill.; Dr. J. C. Weber, Ill.; Mr. and Mrs. Henry Berger, Ill.; Miss Addie Scotts, Mo.; Mrs. Elizabeth Farman, Miss.; F. G. Benold, Ill.; O. M. Kitzelman and family, Ind.; B. A. Warren, Neb.; Mrs. W. S. Stockwell, Fla.; J. E. Uselding, Wis.; John Spurge, Jr., and wife, N. J.; J. F. Ladner, Kans.; C. E. Perry, Mich.; Mary E. Andrus, Mich.; Helen E. Scott, City; Mr. and Mrs. A. W. Trumbull, Ill.; H. Flegelman, Mont.; R. B. Smithey and wife, Va.; Mrs. H. F. Baikes, Miss M. Bruno, Mrs. H. J. Gilbert, Mich.; Joanna and Emma Baker, Ia.; John Henry Miller, Ind.; Myrtle M. Silverthorne, Ont.; Lillian M. Pierce, Ont.; Chas. Weinber, N. Y.; Mrs. E. Simpson, N. Y.; C. A. Etzman and wife, Tex.; Mrs. Jennie Essburger, Nora and Oscar, Ind.; Allan Parker and wife, Tenn.; E. P. Lovejoy, wife and son, Ill.; J. P. Brough and son, Okla.; Mrs. H. H. Valentine, N. Y.; Mrs. P. Kirkman, Tenn.; Francis J. and W. W. McGean, Wis.; Mrs. W. H. Avant, Ind.; Mrs. Tillie Carlson, Ill.; Mrs. Cora Biscoe, Kans.; Mrs. Ida VanArmp, Mich.; Rose P. Armbruster, Japan; Chas. Comodio, wife and boy, Mo.; J. L. Connor and wife, Ark.; Mrs. S. H. Kirby and sister, Mich.; Mrs. A. P. Ganong, Tenn.; Mr. and Mrs. W. D. Kelly, Ill.; Miss Hortense Cooney, N. Y.; E. E. Martin, O.; J. M. Lancaster, Neb.; B. Carolth, Colo.; Hannah Duggan, Ill.; Margaret Duggan, Ill.; B. C. King, Mo.; May Benson, Minn.; Elias Wolohan, Mich.; L. L. Brown, Ark.; B. J. Robert and wife, Tex.; H. B. Sturtevant, Mich.; J. Herman Belz and family, Mo.; Joseph D. Sayers and wife, Texas; Mrs. M. A. Wilson, Ga.; Pearl Wilson, Ga.; Mrs. M. M. Brooks, Mr. M. M. Brooks, Miss Ines C. Brooks, Texas; E. E. Smith, O.; Mrs. J. S. Altschul, Ark.; Mrs. S. G. Burns, Tenn.; L. Ginsburg, Ia.; O. A. Farrington, Mich.; G. W. Combs, Ill.; Philip Schrodt, Ill.; Maynard

Garner, Mo.; Miss Susie Yerger, Miss.; Miss Cora R. Hutchinson, Pa.; Chas. O. Ray, O.; Catherine Killeen, Pa.; Mrs. E. Seligsohn, Neb.; Mrs. Fred Hadra, Neb.; Mrs. Jas. E. Negus, Miss.; Misses C. B. and S. E. Negus, Miss.; Mrs. I. W. Smitley, N. Y.; Edwin S. Philip, wife and daughter, Pa.; Mrs. R. L. Jones, Miss.; Mrs. A. C. Leigh and daughter, Miss.; Mrs. G. R. Belding, Ark.; Master Miller Belding, Ark.; Jennie J. Lewis, Kans.; W. J. Lewis, Kans.; Miss Iona White, Kans.; Mr. and Mrs. Robert L. Simpkins, W. China; Mrs. D. P. Eells, O.; Mrs. Stillman W. Eells, O.; Miss Steck, Pa.; Miss Karger and Ernestine Karger, O.; Mrs. Geo. Haney, Miss.; Mr. Geo. Haney, Miss.; Mrs. Rebecca Smythe, Mich.; Mr. and Mrs. Ed. C. Lancaster and family, Texas; Walter Sillers and family, Miss.; Mrs. A. B. Farrar, Miss.; Mrs. J. E. Jones, Ark.; Clifford and Grace Jones, Ark.; T. V. R. Van Wyck, N. J.; J. W. Hopkins and wife, W. Va.; Mrs. Rosa Harvey, W. Va.; Miss Blanche Carter, W. Va.; Mrs. J. O. Brinkerhoff, Mo.; Miss Brinkerhoff, Mo.; C. F. Scrinerer and wife, Calif.; Mrs. A. S. Steele, Tenn.; C. G. Watkins, Tenn.; Mrs. A. L. Prichard, W. Va.; Mrs. L. Young, Ia.; M. L. Stevens, N. C.; Miss Alberta Angell, Mo.; Y. Allen Halman, wife and son, Ala.; Jas. M. Breckenridge and child, Mo.; Dr. R. E. Swope and wife, Ind.; J. J. Fancher and wife, Kans.; Mrs. M. S. Collier, Miss.; S. H. McAfee, La.; Miles W. Bullock and daughter Cordelia, Mich.; M. A. Richardson, Tenn.; Levi B. Salmans and family, Mexico; W. L. Jessup, Ga.; H. H. Atkinson, M. D., and family, Turkey; Miss M. F. Byrn, Mo.; Mr. and Mrs. E. R. Richardson, Texas.

The Sabbath School is increasing, two new classes being formed last week. Plans are also being developed for a Sabbath School picnic which will be thoroughly enjoyed by the children. The children of patients are cordially welcome to the Sabbath School and quite a number who are already attending seem thoroughly to enjoy the hour spent with the children in learning Bible truths.

PERSONALS

H. B. Sturdevant, of Detroit, has returned to spend a little time with us.

Mr. S. H. McAfee, of New Orleans, has returned to the institution to visit his family.

Among the recent arrivals from the South is Ex-Gov. Joseph D. Sayers, of Dallas, Texas.

Judge M. M. Brooks, wife and daughter, of Dallas, Texas, are among this week's arrivals.

Mrs. Edw. P. Lyman and son, Julian, have returned to the Sanitarium for further rest and treatment.

Judge Kennedy, a prominent politician of Sioux City, Iowa, has come to the Sanitarium for rest and recuperation.

Mrs. S. S. McClure and her mother, Mrs. Elizabeth Simpson, and her daughter, of New York, are here for rest and recuperation.

Dr. and Mrs. Herbert Atkinson and family, missionaries from Harpoot, Turkey, are stopping at the Sanitarium for rest and treatment.

Mr. E. C. Lasatter, a prominent cattle dealer of Talgarrias, Texas, is spending a few days with us. Mr. Lasatter is an old friend and patient of the institution.

Miss Barbara Shirk, a former patient and a friend, is spending a couple of days at the Sanitarium en route to Canada, where she will visit friends and relatives.

Dr. and Mrs. Simpkins, missionaries to China under the Friend's Society, are spending some time in the institution for much-needed rest and treatment.

Mr. B. J. Roberts, of St. Louis, who is soon to go to Dallas, Texas, to take charge of the Baptist Sanitarium, is spending a few days in the institution getting new points on Sanitarium methods.

We are pleased to have with us again Dr. Levi B. Salmans and family, medical missionaries from Mexico. The work done by Dr. Salmans has attracted world-wide attention, and we are always glad to welcome him to the Sanitarium.

WHEN four-year-old Carl saw waffles for the first time he cried:

"Oh, mamma, look at the cut glass pancakes!" and what could more accurately describe the peculiar indentations which the waffle irons leave.—Ez.

STUDY DOMESTIC SCIENCE

HEALTH & HOUSEHOLD ECONOMICS

Study to make the home a center of influence, radiating health and happiness.

Study to fill professional positions as dietitians, lecturers and demonstrators. For information concerning our one and two-year courses, beginning Sept. 7, 1909, address—

The Battle Creek Sanitarium **School of Health and Household Economics**

BATTLE CREEK, MICHIGAN

News Notes

On Friday, the 16th inst., the number of arrivals at the Sanitarium reached sixty, according to the clerk's register.

Mrs. J. P. Kirkland, of Nashville, Tenn., an old friend and patient of the Sanitarium, is with us again. Mrs. Kirkland is a frequent visitor and her many friends are always glad to see her.

The out-door gymnasium seems to be very liberally used by patients this summer, a large number being present every hour which is available under the competent instructors who are in charge. Many are learning to swim, how to exercise in the open air, and are deriving much benefit.

Mr. D. T. Hammond, of the Chicago Athletic Association and a champion swimmer, is stopping at the Sanitarium to obtain rest and treatment. While here he is affording some famous exhibitions of his special art, in swimming and diving, in which he is certainly an adept.

Dr. Carolyn Geisel, who represents Sanitarium principles and methods upon the platform, is engaged in Chautauqua work, at present being in the South attending some important meetings. She is on the program of the Battle Creek Chautauqua for Friday, July 30.

The new patients' class or Sunshine Club, conducted by Pastor A. T. Jones and Dr. A. J. Read, seems to be very much appreciated by the patients and is well attended. The Sunshine

class is held right after dinner. Quite a number of patients who are systematically speaking words of good cheer and lending helpful hands to fellow patients, recognize that in so doing they can help each other to the attainment of perfect health.

Miss Ella Thompson and Miss Ruth C. Tenney go to Minneapolis this week to engage in school of health work in that city in connection with the campaign that is being carried on there under the direction of Mr. E. R. Brown. Their work will be to instruct the classes which are arranged for them in the principles of Domestic Science and Home Nursing, Miss Thompson representing the latter, and Miss Tenney the former, branch of study.

We are pleased to announce that Mrs. Almira J. Steele, of Chattanooga, Tenn., the founder of the Steele Home for Outcast Children, is again with us for a few days' rest and recuperation. Mrs. Steele is one of the modern Christian heroines who has devoted her life and all it possessed for the good of those for whom nobody else cares. She has had a long, interesting and varied experience in her work, has faced opposition, overcome obstacles, and her work has become thoroughly established and now holds a large place in the esteem of the people who know it.

A branch of the Sanitarium library has been opened in the second-floor parlor which has been nicely fitted up for a reading room. Two book cases and two reading tables with comfortable chairs were placed in the room after the decorators had appropriately and beautifully finished the walls and floor. A limited number of books will be kept at the branch,

the principal supply still being at the main library. Catalogues of the Sanitarium library and of the city library will be on file, from which guests of the Sanitarium may select their reading matter, which will be delivered to them in the reading room.

The Sanitarium W. C. T. U. held an important and interesting meeting at the residence of Mrs. E. L. Calkins, state president, on the evening of the 13th inst. At that time annual reports were presented and the election of officers held. Mrs. Dr. Read was re-elected president, and Mrs. Minnie Emmons secretary. It is intended to hold meetings weekly, alternating each week between a meeting in a private house and one in the Sanitarium parlor. The meeting for this week was held at the residence of Dr. Read in Urbandale, which, although some distance away, was well attended and was pronounced by all a very profitable occasion.

A GREAT LAKES HONEYMOON

The D. & C. Lake Lines offer the popular trip for Mr. and Mrs. Newlywed.

A wedding trip which is appropriate, enjoyable and gives the desired seclusion at the least possible cost is via the D. & C. Lake Line between Detroit, Buffalo and Niagara Falls and Cleveland, Detroit and Mackinac.

The steamers are elegantly furnished and staterooms or parlors can be reserved in advance. Send two-cent stamp for illustrated pamphlet.

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D. & C. NAVIGATION CO.,
Passenger Department, Detroit, Mich.

BATTLE CREEK SANITARIUM SCHOOL OF PHYSICAL EDUCATION

Special Summer Course now in Session, until September 10th, 1909

The Board of Directors of the Battle Creek Sanitarium have organized this school in order to crystalize the work in Scientific Massage, Swedish Gymnastics, Manual Movements, and general educational work along the lines of right living. This work has been carried on continuously for more than thirty years in connection with the gymnasium, lecture and class work for the patients, nurses, students, and general help of the Battle Creek Sanitarium. The summer course is especially adapted to the convenience of teachers, university students, and others desiring a change of vocation and rest, while at the same time earning their expenses and pursuing a profitable course of study.

The following subjects are given: ANATOMY, HISTOLOGY, PHYSIOLOGY and HYGIENE, HYDROTHERAPY, MASSAGE, FIRST AID and EMERGENCY NURSING, DIETETICS, PHYSICAL DIAGNOSIS and ANTHROPOMETRY, GYMNASIAC NOMENCLATURE and TACTICS, GENERAL GYMNASIICS and MARCHING, MAT WORK and TUMBLING, APPARATUS WORK, WRESTLING and FENCING, CORRECTIVE EXERCISES and MANUAL SWEDISH MOVEMENTS, and ATHLETICS and FIELD WORK.

The tuition for the ten weeks' course is \$20.00. By working from three to six hours a day, each student will be able to pay practically all of his running expenses. An opportunity for such work will be offered in the various departments of the Sanitarium.

The regular school year opens October first, and running to June first, nineteen ten.

Any who are interested will be sent illustrated announcement with further details on request. Address.

The Battle Creek Sanitarium School of Physical Education
BATTLE CREEK, - - - MICHIGAN

THE BATTLE CREEK IDEA

Vol. II No. 34

BATTLE CREEK MICH. JULY 30 1909

Price 2 Cents

Winning Health by Machinery

How the Battle Creek Sanitarium Utilizes
Mechanics in Reducing
Disease.

GETTING well by machinery should not sound so very strange in a time when almost everything is accomplished by mechanical contrivances of some sort. And when the human machine is so out of order that it has to be backed into the round-house or shop for repairs, as it were, no wonder that in a well or-

NERVOUS EXHAUSTION, THE AMERICAN DISEASE

A Lecture to Guests and Visitors in the
Sanitarium Parlor by Dr. W. H.
Riley, July 7, 1909

(Continued from last week)

ALCOHOL even in small quantities causes a degenerating process to take place in the cells that can be easily detected by the microscope, and in time these cells will break down and perish; and the longer the process goes on, the less vitality the individual has to resist disease.

How the Body Protects Itself

Abstract of a Lecture Before Patients
and Guests, by Dr. J. H.
Kellogg, M. D.

THE thing that I wish to emphasize this evening is the fact that the body protects and heals itself. Healing power does not reside in drugs, medicines, or treatment of any sort, but the body has within itself the power which heals. It is exceedingly important to know and to recognize that, and to remember it. When a



MORNING BREATHING EXERCISES

ganized repair shop like the Sanitarium there should be recourse to the mechanical art. Approach the gymnasium from the outside almost any day during treatment hours and you will almost fancy you are coming to a busy factory of some kind, for the whirl of the machines, the gentle noises of electric motors, and the purr of the vibrators rise on the air.

Entering the lower floor of the Gymnasium building we find the large room divided longitudinally in the middle. One-half of the floor is devoted to the ladies' and the other half to the gentlemen's mechanical Swedish departments. The large room is furnished with various contrivances for accomplishing mechanically some of the things that have been so long neglected that the body fails to do them as it should. Here are some tables in the midst of which a revolving shaft slowly operates a half-dozen cams or irregular disks. These rise and

(Continued on page two)

The nicotine of tobacco is a most deadly poison, and a most prolific cause of nervous exhaustion. A cigar contains a sufficient quantity to kill a cat at once if it were injected under the skin. Tobacco causes what is known as the tobacco-heart, interferes with digestion, and often produces blindness and insomnia. When one discontinues the use of tobacco, he almost always gains in flesh. This shows that nicotine is a poison, that it destroys the tissues, and when the poison process is discontinued the tissues are rebuilt and the body is able to do better work. Tea and coffee also interfere with digestion and their use is a frequent cause of nervous breakdown. Coffee especially causes insomnia and headache. Perhaps we may not class tea and coffee with other violent poisons, and yet we know enough about them to say they are unwholesome and undesirable adjuncts of food.

(Continued on page three)

person becomes ill he goes to a doctor, and if that doctor does not cure him, he goes to another. He blames the first doctor, and thinks it is his fault. He considers that when he is sick and he hires somebody to cure him, it is the duty of the hired man to cure him, just as when he hires a man to build a house, it is his duty to build the house, and if he does not do a good job, he ought not to be paid. Of course, there is something in that idea. It is not altogether unsound, but as a general proposition, I am thoroughly convinced that no doctor ever cured anybody, and that no drug ever cured anybody. And I must go further and say that baths never cured anybody. The healing power is within the body; it is not something that can be swallowed; it is not something that can be rubbed on; it is not something you can get from springs, or from medicines, or from climate; but healing power is a thing that is in the body itself.

The very thing that is true of disease is also true with reference to all our ordinary, everyday bodily functions. Life is sustained by breathing, and there is no substitute for breathing. There is no medicine ever made that would take the place of breathing. Suppose a man's liver is worn out, it is crippled, disabled, so that he has only half a liver, when he ought to have a whole one. No medicine can restore that organ. And, having introduced the liver, I design telling you something of the wonderful work it does in protecting and maintaining the body. The liver has five or six very interesting occupations, and it has to work at all of them all the time, or else something serious happens. In the first place, the liver takes poisons out of the blood and sends them out of the body. You older people know, if you have lived in the country when you were boys and girls, that behind the house somewhere there was an ash barrel, in which all the ashes were placed; and when water was poured on that ash barrel it ran down through and trickled out at the bottom into a big iron kettle. When the kettle was full of lye, then the odds and ends of fats of all sorts, the soap-grease, as it was called, was put in with the lye, and they were boiled up together over a big fire, and soft soap was made, with which to do the weekly washing. The water dissolved the potash and carried it out, and that formed lye, and lye combining with fat made soap.

THE LIVER IS A LEACH BARREL.

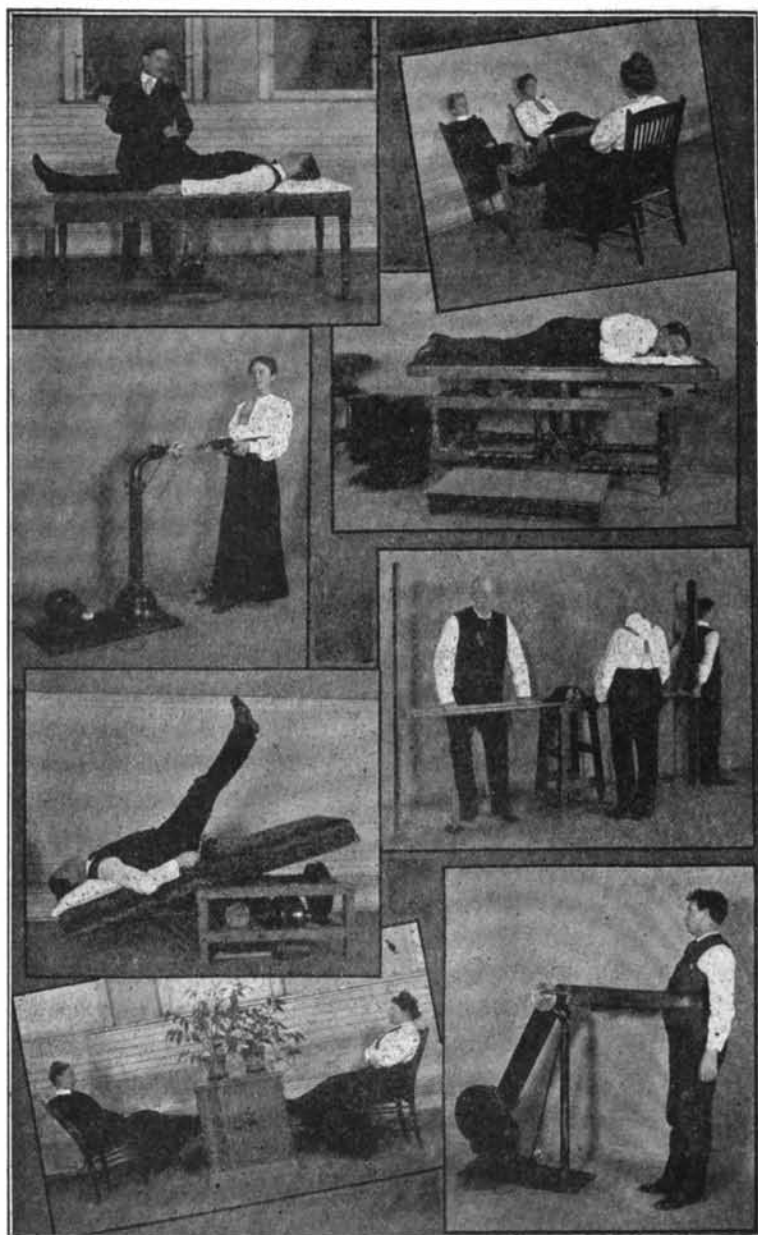
It takes out of the body the alkaline salts, the residues of the food that are left in the body. If any kind of food be burnt there will be some alkali left in the ashes. When we eat the food, that residue is left in the body and must be gotten rid of in some way. So the liver is the leech in which this potash is dissolved, and it flows out in the form of bile. And this bile gets down into the small intestine, and there combines with the cream, butter and other fats we eat, and it makes an emulsion which will dissolve in water. Oil will not dissolve in water, but an emulsion will dissolve in water, and in this way fats are digested. A man whose hands are covered with oil rubs soap on his hands to wash the oil off, because the excess of potash in the soap unites with the oil on his hands, forming more soap, then it all disappears together. That is the way it is with the fats which we eat. Fat never could get into the blood if it were not first formed into an emulsion; and this is absorbed into the blood, and in that way is utilized. Thus are the alkaline wastes of the body utilized. One thing the liver has to do, then, is to carry off the alkaline poisons.

Another thing the liver does is to destroy the poisons that are being introduced into the body. Suppose a person is drinking water that runs through lead pipes, and there is some lead in the water; the water has to go through the liver before it has gone into the circulation, and the liver takes that lead out, and it accumulates there. The lead could be recovered from the liver. And when a person takes a dose of mercury, or a dose of calomel, or blue mass, or any sort of mineral poison or mineral medicine, it is taken up by the liver. That is why the use of calomel is not good for a person's liver. I have met people who had the habit of taking a dose of calomel, or blue pill, or something of that sort every two weeks regularly for years. Such a person has a badly crippled liver, because it has soaked this poison up for years.

LIVER DESTROYS POISONS.

But the liver does something more. Certain kinds of poisons are destroyed by the liver. The liver actually burns them up, destroys them, so they cease to exist as poisons. Sup-

(Continued on page five)



VIEWS IN THE SWEDISH MECHANICAL DEPARTMENT

WINNING HEALTH

(Continued from page one)

fall alternately so as to produce a kneading motion. The abdomen of the patient with torpid stomach, liver, and bowels is laid upon these disks and the internal organs are reminded of the duties they are expected to do, and in a little while the habit of doing their duty becomes fixed upon them. Here is a body-tilting machine by which the patient is stood first head upwards and then feet upwards at an angle of about forty degrees, the object of this motion being to excite to healthy action the digestive organs, especially those of the lower abdomen, and to encourage the vaso-motor nerve centers in controlling the circulation.

Then, there are vibrating bars to which a rapid but gentle vibratory motion is given. Patients clasp these bars tightly in their hands and the thrill of life seems to go through their

arms and hands. By auxiliary appliances this vibration may be imparted to the stomach, the liver, the back, or any part of the anatomy. Here, near by, are some vibrating chairs in which the patients with poor circulation sit. A rapid trembling or vibratory motion is given the chair, of which the one sitting in it gets the benefit. This is a very exhilarating exercise, sends the blood tingling to all the extremities and makes up for some of the exercise the sedentary man or woman should have taken and has neglected. Here is a chair in which the patient sits and places his feet in comfortable foot-rests, and these rests are then set in rapid vibration so that one often jerks his feet away, thinking he has had an electric shock. But the operator assures him there is no electricity there except what is used in operating the vibrator, and so he replaces his feet and enjoys a sensation of new life and circulation in his feet that he has not known for years. This is one of the very best remedies for tired and aching feet. In the St. Louis World's

Fair there were several of these machines at various points and many hundreds of weary feet were sent away with the freshness of morning.

Another machine has a broad strap of webbing fastened at each end to a crank-pulley, which pulls first one end and then the other of the band. This is passed across the back or stomach of the individual who needs to have his spine gently treated or his stomach shaken. Another contrivance forcibly reminds many of the men of mother and her slipper. Two stiff leather straps are fastened to a revolving shaft in such a way that one end of the straps comes around against the legs with sufficient force to remind one of the ancient strap. The strap moves up and down at the will of the operator, so that the whole length of the body passes under its castigation. The first thing on going to this machine is to "take off your coat." But the breadth of the straps and the gentle way they are applied does not really do justice to what we used to get from father. But it leaves a very pleasant sensation of blood warming the skin and coursing through the veins that have been sluggish. The nerves tingle with new life and delight.

Besides the above-described arrangements, we find vibrating dumb-bells used to impart vibrations to the hands and arms, and also to other portions of the body where there may be rheumatic affections and tendencies. The therapeutic uses of these mechanical apparatus are very numerous. In the distribution of the circulation, in nervous and muscular troubles, in disorders of the digestion and torpidity of the liver, bowels, or other organs, in short, in supplying the want created by a lack of physical exercise, they are capable of doing a great work.

NERVOUS EXHAUSTION

(Continued from page one)

One needs to appreciate how delicate a thing a nerve cell is in order to understand the effect that these poisons have upon them. If a farmer should place a handful of salt upon each hill of corn, it would ruin his crop. Alcohol and tobacco work in the same way when applied to the delicate cells and tissues of the nervous system.

There is another class of poison germs introduced into the stomach and bowels, which by their activity produce toxic poisons, which are distributed through the entire system. Toxemia, or auto-intoxication, is the result of the chemical poisonous substances produced by the action of these germs. In very many cases these poisons are the cause of neurasthenia. It is well to give attention to the condition of the bowels, especially of the lower bowel, for it is here that these poisonous elements are produced and set out to contaminate the whole system.

Then there are what we call leucemias, or poisons produced in the blood. Food is supposed to supply the body with material for growth and repair, and with energy. Energy is liberated by chemical changes and in the making of these changes there are waste products for which the body has no use. These are normally to be eliminated through the kidneys, the liver, the skin, and in other ways; but if these eliminating organs fail to act, the body becomes stored with poisons, and the result is the appearance of symptoms of neurasthenia and nervous troubles. If we were to consider symptoms only, we should decide that people thus affected had neurasthenia, but in a case that came to me the other day with all the usual symptoms of neurasthenia I found the real trouble to be Bright's disease of the kidneys. Thus it becomes very important in

considering these troubles to examine every organ of the body.

If I were asked for the principle causes of neurasthenia, I should answer overwork and worry. Work is a blessing. There is nothing that so gives character to the nervous system as good, earnest work. By character I mean quality. Physical and mental work are beneficial. More people are made sick by the lack of work than by overwork; but there is such a thing as overwork. There are those who go beyond the bounds of reason. There may be other things along with overwork; in fact, we almost always find in such cases a variety of causes besides overwork. Take the average business man, thirty or forty years of age. He works hard and applies himself to his business unremittingly; he uses a certain amount of tobacco and alcohol, perhaps in moderation, as he considers it; and at last he finds himself nervous, irritable, unable to sleep, inclined to worry and fret over his troubles. He becomes afraid to do business, often thinks he has made a mistake and retraces his steps, then wishes he had gone on,

until he finds himself utterly incapacitated for his work. He goes to his physician, who finds a large number of symptoms of neurasthenia in evidence.

There are what we call objective symptoms, which the physician discovers, and other symptoms which are more largely what we call subjective, and known only to the patient himself. The patient is depressed in his mind and melancholy; life does not have the interest for him which it once had; he is subject to "the blues," can not concentrate his mind, can not remember what he reads; his mental capacity is diminished; he can not work as he formerly did; his will power is impaired so that he hesitates and changes his purposes; his memory is deficient, he can not recall names and facts; he is troubled with fears; he imagines that he has heart disease, and that he is likely to die of it or of apoplexy; if he goes to a lecture or entertainment, he wants to sit near the door so that he can get out easily. These people are not insane. They well know their fears are foolish, and yet they can not rise above them.

(Continued on page four)

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VOL. II JULY 30, 1909. No. 34

A PHENOMENAL SUCCESS

THIS season more than ever before in its history are the benefits of the Battle Creek Sanitarium sought by the multitudes. People representing every profession and calling, people of intelligence and influence, those who are fully capable of deciding on the merits and demerits of that which they meet and experience—these are coming in greater numbers than at any previous season. There are not far from one thousand persons under the medical care of this great health resort, and the institution has reached a point where it becomes again necessary to consider the enlargement of its facilities for receiving those who desire to come to its benefits. The vacation period affords, for many, the only opportunity for visiting such a place. Our main building, spacious as it is, and supplemented by more than a score and a half of dormitories and cottages, is proving inadequate to accommodate the hundreds who come seeking relief from chronic ailments by aid of the Battle Creek Sanitarium System.

This state of things has not been produced by any sensational advertising. The fact is that the Battle Creek Sanitarium stands entirely upon a reputation which it has built for itself, and by itself, with the help of an overruling Providence who designs great movements for the betterment of mankind and then inspires somebody to carry out those designs. People come to the Sanitarium now not because of some wonderful cures that are conjured up and published sensationally for the purpose of misleading a gullible public, those who come here are not a class of people to be caught in any such way. Patent medicine advertisements and charlatan methods have no influence with this class of people.

The Battle Creek Sanitarium is in no sense a pleasure resort. The term has never been used in representing the institution by any of its announcements. The people who come here are not the class that habituate watering places and other pleasure resorts. It is a house of refreshment for the sick and weary. It is a large Christian home where religious influences pervade every department, where nothing irritating or unkind jars on the ear, where the utmost care is taken to comfort the sick and the weary, where science is associated with moral and spiritual influences in building up and restoring wasted nature and spent energy.

Home cares and worries and business perplexities, as well as the superficial conventionalities of fashionable life, are so far as possible left behind by the earnest health seekers who throng the Sanitarium at this time of the year. There are no caste lines, all are received and treated alike. It is therefore naturally a favorite place for those who love quiet religious influences blended with skillful, intelligent, kindly care. And it is this that is advertising the Battle Creek Sanitarium, and that is drawing the multitude this way.

Thirty-three years ago when the little water-cure, which had then been in existence for

about ten years, was reorganized into the Battle Creek Sanitarium under its present management, and especially a year later when the first large building was erected, there were plenty of doubting Thomases who prophesied the speedy collapse of the enterprise; but some of these pessimists lived long enough to see the first building enlarged by additions on either end, the rear, and even the top, and to witness the erection of other large buildings to accommodate the overflow of the central building, of sufficient size to more than double its capacity, and these later supplemented by more than a score of cottages, and finally the erection of the present mammoth building to take the place of the building destroyed by fire.

It has now been six years since the dedication of the present building, and yet the demand for accommodations is such that another building half the size of the present main building could be easily filled. This excess has been due not to adroit management or skillful advertising, but to the fact that the Battle Creek Sanitarium work is something very different from an ordinary financial enterprise. It is a great humanitarian effort which is primarily educational in its character and which has for its object the diffusion of knowledge of right living as well as the relief of human suffering.

Its principles of healing are set forth in an abstract of one of Doctor Kellogg's lectures which appears in this number. The Battle Creek Sanitarium stands as a protest against the numerous evil practices occurring in our perverted civilization which are hastening the race down the hill of degeneracy to race extinction. Its work is wooing men away from habits which cultivate disease to a natural order of life which promotes and cultivates health and well being.

Its work is every year coming to be more and more appreciated, not only by the sick but by the well. Scientists, philosophers, physicians, reformers of all classes, are becoming more and more acquainted with the mission of this institution and the purpose of its promoters, and are giving to it a degree of recognition which it would have hardly been believed a quarter of a century ago would ever have been accorded it. The real secret of the success of the Battle Creek Sanitarium is the fact that its work is meeting a world-need which is coming to be recognized more and more as the years go by.

NERVOUS EXHAUSTION

(Continued from page three.)

Usually the patient suffering from neurasthenia needs to be well fed, especially those who are thin in flesh. The use of water treatment is also very helpful. There is not a better tonic in the world than the cold bath; it tones up the whole system. There are other remedies which also contribute to the upbuilding of the system and which should be used. The physician should give his patient a very thorough examination and should not fail to avail himself of mental treatment to inspire the patient with courage and hopefulness. Cheerful surroundings and influences are very helpful for neurasthenic patients who are inclined to be despondent and gloomy.

Of course, the patient and his friends are very anxious as to the outcome. What will become of him? Will he die? Will he go insane? In reply, I may say that there are very few cases which with proper treatment will not finally recover. Recovery may be slow and gradual, but the neurasthenic patient has good reason for hope that he will rise above his infirmities and gradually resume his

place among his friends and in the world. The length of time he will require to regain his strength will, of course, depend upon various conditions—the condition of the patient, the state of his mind and his environments. He will learn better how to live and how to meet his difficulties, and gradually and almost unconsciously will be built up in strength, and in physical and mental stamina.

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HOW THE BODY PROTECTS

(Continued from page two)

pose a person, is eating an oyster stew for supper; the oyster lives on a diet that is filled with poisons. The oyster's liver has always a great accumulation of poisons in it, so much that often the people who eat the oyster are made sick by it. If you put an oyster with a little milk into a fruit can and shut it up for a few weeks, at the end of that time, you will find it extremely poisonous. A little of that milk injected into a guinea-pig will kill it in a few hours. This poison was separated out by Professor Vaughan, of the University of Michigan, some twenty odd years ago, and was named by him tyrotoxin, because it was found first in cheese, but it is found also in oysters; and Professor Brieger, the great physiologic chemist of Germany, whom I know personally, found another deadly poison in oysters, which he called mytilotoxin. So, whenever you eat oysters, you are swallowing some of these poisons, and the same is true when you are eating beefsteak, wild game of any sort, or any other kind of meat that you obtain from the butcher. Unless the animal has been killed within a few hours, it is certain to contain a varying amount of the various poisons which are found in dead bodies. One of these poisons is known as cadaverin, a suggestive name. These poisons are always found in the flesh of animals that have been killed for some time. A French chemist has made a careful study of this subject, and he can tell by the examination of the flesh of an animal how long it has been dead, by the poisons that have developed.

Poisons taken into the body in this way are, to a considerable extent, destroyed by the liver. If it were not for that, one could not safely eat an oyster stew. One could not eat Christmas beefsteak that is considered so tender because it has been decomposing for weeks, without dying the first time. It is the liver that stands between the person that does that thing and death. When I was in England some years ago, I was told a story by a woman who had been a cook for Lord Somebody. He went hunting one time and brought home a lot of pheasants and told her to lay them aside; and they lay there day after day, until they became so offensive she could hardly tolerate them. Then he one day examined them and said, "These are ripe now, and we will have them cooked for dinner." She said the preparation of those pheasants positively made her sick; but when they were served upon the table, they considered them very fine, *recherche*, with a delicious *haut gout*, as the French say.

Anything of that sort taken into the stomach would destroy life if it were not for the liver. The blood that goes to the stomach and the pancreas, and the spleen, and the intestine is gathered up by itself into the portal vein, and is passed through the liver before it goes into the general circulation; so the food that you take into the stomach, after it is digested in the stomach and intestine, is absorbed and carried through the liver before it goes into the general circulation of the blood. This gives the liver a chance to inspect the food and to filter out and destroy these poisons we have been talking about. So you see the liver has some most interesting and important functions to perform.

There is something more that happens. Every time the clock ticks, eight million red blood-cells have died and eight million more have been created to take their places. What becomes of those that perish?

A RENDERING ESTABLISHMENT

The liver is a rendering establishment for the body. The liver captures all these dead red-cells, dissolves and utilizes them.

The potash which the red-cells contain is made into bile which is used to digest the fats, and so is very serviceable, as I explained a while ago; and the coloring matter is used to tint the hair and the skin, and to blacken the screen on the back side of the photograph gallery that we call the eye. It has to have a black colored screen there all the while, and the color is all the time fading out in the light; so it has to be kept painted new and fresh all the while. This coloring matter is all obtained from the remains of the red corpuscles of the blood. So you see the liver is an exceedingly interesting organ.

It does other things of which I have not told you yet. One thing it does is to manufacture ferments of various sorts. When we eat starch, the starch is converted into sugar in the stomach and intestines, and the sugar is absorbed and taken into the portal vein. It would not do to allow this sugar to go into the blood at once. The blood would have too much sugar in it, which the kidneys would be compelled to remove, because the excess of sugar would be injurious to the red corpuscles, and would prove very harmful; so

the sugar is carried to the liver. In the liver it is converted back into starch, when it becomes insoluble again, and is stored up in the liver, and this amounts to a considerable quantity. The liver produces a ferment, a digestive agent, which converts this starch or glycogen back into sugar again a little at a time.

We perhaps take food three times a day, and the starch takes about two hours for digestion; so during six hours of the twenty-four the food in the stomach is being digested and absorbed. There are eighteen hours more. We need sugar all the time. We need it for the muscles and to keep the body warm; a large part of the heat of the body is produced from the sugar or starch we eat, and we need a constant supply. We need to have some kind of regulation of this supply of sugar to keep up the body fires at a uniform rate. Now, if the sugar was taken in only during digestion, then we would have too much part of the time, and part of the time too little; during that six hours we would get too warm, overheated, and the rest of the time we would be too cold, would be starved for sugar. So we have to have an arrangement in the liver by

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which the sugar is stored up, then doled out little by little, moment by moment, just as the body requires it. The liver becomes, then, a regulator of the heat-producing functions of the body.

Another thing which the liver does is to produce a ferment which destroys uric acid. Uric acid is one of the poisons produced within the body, and in the liver there is a substance produced that converts the uric acid into urea, which is harmless, and does not do the damage that uric acid does when left to accumulate within the body.

But the liver does something more than that. It probably produces a ferment which is carried through the blood, along with the sugar, into the muscles and enables the muscles to burn the sugar up and convert it into carbonic acid gas and water; and in that way produces energy in the body. And it very likely produces still other ferments which are of use in the body. These are very interesting facts which have been only partially worked out in relation to the liver.

There is not an organ of the body that compares with the liver in the complexity of its functions and the extraordinary variety of things it does, except the human brain. So far as I know, the human brain is the most marvelous of all mechanisms in the universe; and next to the brain, I don't know of anything that is so wonderful as the liver.

I want you to get interested in the liver, my friends. I hope you will have a sympathetic interest in your own liver, because there is no organ of the whole body that is so abused, so terribly mistreated, as the liver; and there is no organ that is so much complained about, I think, as the liver. Why, a man said to me some time ago, "Doctor, I would be all right if you would only give me something to whip up my lazy liver." That man had no right to call his liver lazy. He had been imposing upon that liver, insulting it for years and years by demanding of it an enormous amount of work he never ought to have asked of it at all.

The liver never needs to be whipped up, or stimulated; the liver never needs to be excited or irritated by any sort of medicine. The liver always does its very best. The only thing the liver ever needs is an easier time. The only thing ever necessary to do to help the liver is to remove some of its burdens, to stop doing some things that are laying upon it extra labor that it never ought to be asked to do. That is the real truth about the liver. So, never go to the doctor and ask him for something to stir up your liver; never swallow medicine that promises to excite the liver, for anything such medicine can do to the liver will be simply further damage to you. You might just as well get a new whip because your poor horse has been loaded down until he can not struggle up the hill any longer with the big load he is pulling and the brakes on the wheels and, perhaps, big burdens on his back. You would not help that horse by putting on a sharper whip, by striking harder blows, or by a sharp goad with which you might stir him up. You might get a little more energy out of the horse, or persuade him to make a few extra leaps or lurches forward; but such treatment only results in destroying the horse the sooner. I am sure you can readily see from what I have been telling you that the liver is an organ which needs care; and that there are many things in our daily lives that have a very important relation to it.

Tokens of a Father's love fall unnoticed about our pathway every day. Keep the eye awake and alert to see these gracious gifts, and gratitude will grow greater all the while.
—Ez.

ARRIVALS

The following is the list of arrivals at the Battle Creek Sanitarium for the week ending July 26: W. R. Graham and wife, Tex.; Mrs. O. C. Beck, N. J.; W. A. Dusenbury, N. Y.; Mrs. M. Friendly, N. Y.; Mrs. S. R. Gruhn and two children, N. Y.; W. W. Winquist, Neb.; A. McLean, O.; Mr. and Mrs. F. A. Bush, Mich.; E. E. Horner, Mich.; E. R. Underwood

and wife, Ind.; G. T. Kirkpatrick, N. Y.; Mrs. C. F. Oalkins, Okla.; Mr. and Mrs. E. A. Bagod, Mo.; Mr. and Mrs. Schermerhorn, Mo.; Will Schermerhorn, Ind.; J. E. Mit-tenthal, N. Y.; Mrs. R. A. Russell, Ill.; Mrs. Olivia Jessett, Wis.; W. T. Bryan, wife and son, Ga.; Mrs. John Werner, Pa.; Mrs. H. F. Ceinotti and children, Pa.; Mrs. Upton Sinclair, N. Y.; Mrs. Wm. M. Fuller, N. Y.; O. Weil, Mo.; H. Green, Mich.; Mr. and Mrs. W. A. Reid, W. Va.; Mr. and Mrs.

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C.; Stonewall Tingle, Okla.; H. Armstrong, N. Y.; Mrs. M. A. Beatty, W. Va.; Miss Hattie Beatty, W. Va.; J. L. Riley, M. D., Ga.; P. A. Robertson and wife, Mrs. Rhena Robertson, Miss Corene Robertson, Mrs. Eva Moore, Leonard Moore, Ark.; Miss Nora Davenport, Ill.; Miss Grace Satterfield, Ariz.; Chas. Elliott Carger, Ala.; Mrs. Edgar B. Kay, Ala.; Lyman N. Means, O.; A. H. McIntire and wife, Pa.; E. Duke Naven, Ia.; S. W. Coppel, Ia.; M. and A. Kramer, O.; N. C. Cline, Ala.; Mrs. Z. F. Folmore, Tex.; Dr. Drabisch, Ill.; J. E. Britt, S. C.; Nina B. Lamkin, Ill.; Jane Woods, Ill.; A. F. Huber, Minn.; W. A. Frost, Ky.; W. H. Taylor, Ill.; Mrs. A. K. Roby, Miss.; D. C. Roby, Miss.; Frank Meguire, Ariz.

News Notes

Professor Schmucker of the Pennsylvania Normal School, the celebrated nature student, is a prominent speaker during the Chautauqua this week, and during the time is a guest of the Sanitarium.

The Sunshine Club meets every day on the lawn and the attendance seems to be constantly

increasing. The patients are taking increased interest in the systematic cultivation of the "Happy Habit."

The Battle Creek Chautauqua is on this week and is attracting a large attendance. The talent employed is of a high order and is well appreciated. Many of our guests and workers are improving the opportunity to attend.

An unusually large number attended the song service in the main parlor Friday night which preceded Dr. Kellogg's lecture on Christian Science. The way in which all participated in singing the old-fashioned hymns was evidence of the pleasure which all took in awaking memories of other days. These Friday evening prayer services are among the most helpful of any of the gatherings at the Sanitarium.

Patients take considerable interest in watching the exercises given for the benefit of the children of guests, and also watching the kindergarten march by every morning for their swim in the swimming pool and sports in the outdoor gymnasium. A great many are availing themselves of the opportunity to give the children up-to-date kindergarten training while they are enjoying the pleasures of the summer months.

A party occupying six sixty horse-power touring automobiles stopped at the Sanitarium on their way from Maine to Iowa. They have been touring abroad in their automobiles which were shipped across the Atlantic. They are having a very pleasant and interesting trip and took pains to come through Battle Creek in order to visit the Sanitarium, which they con-



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The Battle Creek Sanitarium

School of Health and Household Economics

BATTLE CREEK, MICHIGAN

sidered one of the great sights they wanted to take in. They wished to stop for a short time but the institution was too full to accommodate them.

The rain last week served to lay the dust so that the patients who are enjoying the beautiful walks about the Sanitarium are greatly helped in taking these walks. The beautiful drives and walks in the vicinity of the Sanitarium are more attractive and numerous than most new arrivals appreciate. Not only circulation and every function of the body is encouraged, but the refreshing influence upon the mind in getting out and enjoying the beauties of nature is decidedly beneficial. There is a little pamphlet published describing these various walks from the Sanitarium, giving directions for pleasant walks from nine-tenths of a mile up to over five miles, according to the strength and endurance of the patient. Each one of these walks has the number of foot-pounds accomplished by a person in taking them figured out. Those contemplating such walks would do well to secure one of these books in order to keep account of the work accomplished in so doing.

Mrs. Goodwin, of Chicago, sister to Miss Aldrich, the matron of the Sanitarium, is making us a pleasant visit again this summer. Her daughter, Mrs. Bellows, is with us this week only. Mrs. Bellows is especially welcome among us because of her delightful singing. She is an artist and teacher of great ability, and no one who comes to us is listened to with more exquisite pleasure than she. On this occasion we had but few opportunities of listening to her.

Miss Jennie A. Redfield, assistant librarian in the Bay City public library, and Miss Eva

B. Lacey, of Saginaw are stopping a week at the Sanitarium. Miss Lacey is a singer of extraordinary talent and is delighting our family with her songs.

Dr. Levi B. Salmans, a medical missionary in charge of a large hospital and medical mission in Guanajuato, Mexico, gave a most interesting and important address on the subject of medical missions to the Sanitarium family on the lawn on a recent Sabbath afternoon. Dr. Salmans and his family are guests of the Sanitarium for a time.

Rev. Harvey Graeme Furbay, superintendent of the Christian Alliance Industrial Mission of New York, was a visitor at the Sanitarium for the last few days and was unexpectedly called home by the illness of one of his co-laborers. The institution with which he is identified aims to give to men who are out of employment, and who are seeking it, a chance to live while they are seeking. For four hours' work daily it gives board and lodging to men who are honestly trying to better their condition and are willing to co-operate with those who are trying to help them.

On the evening of July 27 the Sanitarium family was favored with a double entertainment. Miss Eva Lacey sang in the first part of the evening a few of her delightful songs, winning high praise from all who heard her. She was accompanied by Professor Drever, who played in his usually pleasing style. She was followed by ex-governor Henry A. Buchtel, now chancellor of the Colorado University, who spoke to the audience on "The Pleasures of American Life." Governor Buchtel is one of the Chautauqua speakers, a guest of the Sanitarium, and was induced to favor our family with one of his brilliant addresses.

The patronage of the Sanitarium was probably never quite so large as at the present season. Among the men are to be found those of every walk and calling and profession—ministers, doctors, missionaries, engineers, teachers, literary men, financial men, merchants, and laborers. The ladies, too, represent talent and accomplishments of all sorts. The newcomer invariably remarks, "What a fine class of people you have here!" and all we can say is, "Yes, indeed!" The lawn looks like a picnic ground throughout the day and evening. At seven o'clock in the morning a large number assemble on the front walk for "breathing exercise," as shown in our illustration on the first page. Then follows family worship in the parlor, and breakfast, and at nine o'clock the day's program is taken up again; and with a period for rest in the middle of the day the entire time is filled till nine in the evening, when lights are turned low and the busy people pass out of sight, and all is still until another day brings its round of pleasurable duties.

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BATTLE CREEK SANITARIUM SCHOOL OF PHYSICAL EDUCATION

Special Summer Course now in Session, until September 10th, 1909

The Board of Directors of the Battle Creek Sanitarium have organized this school in order to crystalize the work in Scientific Massage, Swedish Gymnastics, Manual Movements, and general educational work along the lines of right living. This work has been carried on continuously for more than thirty years in connection with the gymnasium, lecture and class work for the patients, nurses, students, and general help of the Battle Creek Sanitarium. The summer course is especially adapted to the convenience of teachers, university students, and others desiring a change of vocation and rest, while at the same time earning their expenses and pursuing a profitable course of study.

The following subjects are given: ANATOMY, HISTOLOGY, PHYSIOLOGY and HYGIENE, HYDROTHERAPY, MASSAGE, FIRST AID and EMERGENCY NURSING, DIETETICS, PHYSICAL DIAGNOSIS and ANTHROPOMETRY, GYMNASIAC NOMENCLATURE and TACTICS, GENERAL GYMNASIACS and MARCHING, MAT WORK and TUMBLING, APPARATUS WORK, WRESTLING and FENCING, CORRECTIVE EXERCISES and MANUAL SWEDISH MOVEMENTS, and ATHLETICS and FIELD WORK.

The tuition for the ten weeks' course is \$20.00. By working from three to six hours a day, each student will be able to pay practically all of his running expenses. An opportunity for such work will be offered in the various departments of the Sanitarium.

The regular school year opens October first, and running to June first, nineteen ten.

Any who are interested will be sent illustrated announcement with further details on request. Address,

The Battle Creek Sanitarium School of Physical Education
BATTLE CREEK, MICHIGAN

THE BATTLE CREEK IDEA



Vol. II No. 35

BATTLE CREEK, MICH., AUGUST 6, 1909

Price 2 Cents

RELIGIOUS LIFE AS IT IS IN THE SANITARIUM

Christianity is Held to Be a Life Not
a Creed—All Christians Are
Received Alike

ALTHOUGH the Battle Creek Sanitarium is not a distinctively religious institution, but a conservatory of health in its primary and essential aim, the managers are actuated by religious motives to seek to incorporate the

The Nervous System of Man

A Lecture in the Sanitarium Parlor Before Patients and Guests, By
W. H. Riley, M. D.

THIS is a very large subject, and we can not expect to tell you very much about it in one night. I want to give you some of the fundamental facts, and perhaps some practical points, with reference to the diseases of the

A UNIQUE SERVICE,--- "IT PAYS TO BE GOOD"

An Experience Testimony Meeting Held
in the Sanitarium Parlor, Dr.
J. H. Kellogg Presiding

ON the evening of July 30 the Sanitarium guests were called together for an "Experience Meeting," the purpose of which was to talk over the benefits derived from experience with the principles and methods of which the



A SERVICE ON THE LAWN

forces and influences of Christianity into their work. The recognition of the creative and restorative power vested in the divine Being is open and unconcealed. Nothing inconsistent with the principles of Christian morality or ethics is encouraged in either guests or employees. The world at large is given to understand that God is honored here as the real author and upholder of this work, and that the truths upon which the institution is built and for which it stands are divine, and sprang from the one and only Source of saving truth.

Consequently, it would be expected that the usual observances which mark Christian living should be maintained here. Not only is this done on principle and because it is consistent with the history and design of the Sanitarium and its work, but those in charge have long since perceived the benign influence exerted

(Continued on page seven.)

nervous system which I presume may be of some interest to you.

The nervous system of man is the most highly developed and organized of any of the animal kind. In fact, the nervous system of man is the part that makes him what he is. It is that part of his body that distinguishes him from every other animated creature. A man's value—his usefulness in life—depends upon his brain. All the other organs of the body,—the stomach, the liver, the heart,—are servants of the highly organized nervous system and the brain. We hear a great deal about disorders of the stomach and the liver, and these should have proper attention; but the brain is the most important part of the man, and, more than that, it is the most delicate and sensitive part of the whole body. But though so sensitive, it is wonderful how it resists unfavorable influences that may be brought to it.

(Continued on page five.)

Sanitarium is the exponent. The meeting was preceded by the usual Friday evening song service in which many heartily united.

Doctor Kellogg introduced the theme of the evening substantially as follows:

I am glad to see so many here to-night, and I think we ought to have a text. I will suggest the following: "It pays to be good." You say, That isn't in the Bible. But it is, here in the first Psalm:

"Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the Lord; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in season; his leaf also shall not wither; and whatsoever he doeth shall prosper. The ungodly are not so; but are like the chaff which the wind driveth away. Therefore the

ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous. For the Lord knoweth the way of the righteous; but the way of the ungodly shall perish."

Now that psalm says that it pays to be good. The law of God is a great deal larger than the mere formal expression of things that should be done and should not be done. The ten commandments say, "Thou shalt have no other gods before me;" "thou shalt not kill;" "thou shalt not steal," etc. We all recognize those as things that we must not do if we are to live a correct life.

But in a larger sense the law of God is the will of God, and his will is the thing that is best for us. I wish I could keep that thought uppermost in my mind, and that I could get everybody in the world to believe that there is a Being above us who created us; that this Being is watching us carefully all the time, not to find fault with us, but to help us, to assist us in every way possible. Now the law of God is the thing that is best for us. I am as sure of it as that I live. Why should we not delight to be found in harmony with the divine will which will work out in us the greatest and best possibilities—the greatest success, the greatest pleasure, the greatest satisfaction, and will enable us to reach the highest possible attainments?

What aim could be higher than that we should so order our lives that they will be in harmony with the great Being who made us? There are ways that are good for us, and ways that are not good for us, but His ways are ways of pleasantness, and all His paths are peace.

I remember some time ago a lady who was very much pleased with the good results that came to her husband at the Sanitarium wrote to me, "I have sent for a beautiful and rare bird, which I am going to send to you just as soon as the weather is warm enough." I do not remember the name of the bird, but I immediately said, "I trust when this bird comes the lady will send me full directions how to feed it, for I shall not know how to care for it." We all realize that a bird must be fed in harmony with the principles that apply to that bird's life. We must not try to compel it to eat things that are not naturally designed for it, or adapted to it, because this natural order is the plan of infinite wisdom. The plan that the bird is following in its natural state is God's plan. It is the law of God for that bird, and what is true of the bird is just as true of us in a larger sense, because our capabilities are greater.

Now the law or the will of God is the thing above all others that we ought to be informed about. We have walked in wrong ways and we have suffered the consequences of it; but we find that the man who obeys the law of God is like a tree planted by the river. The tree flourishes and grows because it has the river right at its roots. So it is with the man that follows God's law. He has all the power of the universe behind him, the infinite Source of life backs him up when he is following the will of God, and he is in harmony with all the universe. And when a man is in harmony with the great forces of the universe he has everything to buoy him up, and carry him on. That man can not fail; it is impossible for him to fail. He is like the tree planted by the river of water. He has Omnipotence to hold him up. If a man is doing right it is just as impossible for him to fail as it is for the sunlight to cease, for the same power is behind him to make him succeed that is behind the sunlight to cause it to illuminate the world.

With the ungodly it is not so. A great

many of us have not prospered because we have departed from the will of God. To be godly is to obey the will of God, to do what he wants us to do, to be in harmony with him. "Whatsoever a man soweth, that shall he also reap." There isn't any escaping that, and here is the reason why we suffer. When a man sows thistles he reaps thistles. A man once said to me, "Doctor, if I only had a stomach I could do anything. Look at my muscles. See what a frame I have. If I only had a stomach—I am like a steam engine that has a poor boiler: I can't keep up my energy." I said, "How long has your stomach been out of order?"

"Oh, just a year or two. When I was a young man I could digest anything."

I said, "And I suppose you tried it."

"Yes," he said, "I did; and here I am."

Now that man was reaping what he had sown. He had sown seeds of dyspepsia. Perhaps we have become accustomed to evil habits not knowing there was any harm or mischief at all in them. By and by the harvest comes, and comes with a vengeance.

The things we suffer are not the inflictions of Providence. They are simply the natural consequences of our wrong doing.

As this is an experience meeting, permit me to say that up to the time I was fourteen years old I was just as bad a sinner dietetically as it was possible to be. I wish I could look back to an innocent childhood and think that I had never been accessory to an act of murder or devoured the carcasses of any of the victims. I wish I might have known or been taught the importance of right living.

My father had a general store, and I worked for him. I helped myself more than I helped anybody else. The result of it was that before I was ten years old I was a dyspeptic, and when I was fourteen I was still worse. I never ate a meal that I didn't suffer. I ate a great deal of meat, of rich pie and cake. It is a wonder that I lived through it. Our family was always ill. We had a doctor, kept a medicine chest in the house, and dosed all the time, and got steadily worse.

About that time light began to dawn upon my life and I feel so thankful that it did. I obtained Sylvester Graham's "Science of Life," and it was to me as fascinating as a novel. It taught among other things that we should eat but two meals a day; and we should not eat condiments, mustard, pepper, peppercorn, and such things. He also made a very strong argument against the use of flesh-meats. This man gathered together information from different sources and his principles were practically the same as are being carried out in this institution to-day. Now Mr. Graham did not discover these things. He simply brought together these important facts. The star of truth guided him in the right way, the natural way.

This book set me to thinking, and I became so much interested that I made it a large part of my study. Later I began the study of medicine. Up to that time I was very puny. Nearly all my life, from my earliest recollection, I had had pain in the side, or headache, or pain between the shoulder blades, and until within a few years I have not known what it was to be free from pain. I was marked out for an early grave, but I said when I read this book, "This thing is true, and I am going to try the experiment." So I discarded meat when I was fourteen and have not eaten a pound of meat in forty-three years. I soon found myself improving in a great many ways, and to-day I am able to do more hard work than ever before.

We have discovered the germ of old age, we know what it is. Now we can stand up and

fight old age by obeying the laws of God. There is good reason why we should delight in the law of God, because it deals with the most minute details of our lives. So David spoke wisely when he said of the prosperous man, "In His law doth he meditate day and night." I am sure I should have died before I was twenty if I had not learned these principles.

This is not intended to be a praise meeting for the Sanitarium at all. I do not take any credit to the Sanitarium for originating these reforms, because they did not originate here. All we have tried to do is to bring together and organize these great truths so that we could learn to follow the natural way of life. Now what have these splendid principles, these natural ideas of simple living, living right, done for you?

Dr. Read: There was a lady so desirous to participate in this meeting that she wrote down her experience and handed it to me just before she took the train for home—Mrs. Judge Stark, of Alabama. She says:

"I am the happiest woman in the world. I wrote to my husband that I had become a titled lady since I came to Battle Creek. I am called 'The Sunshine Lady.' When I came here I felt that if I were put up and sold I would not bring five cents. To-day a lady said to me, 'I would give \$5,000 if I were like you.'"

"One of the first things that caught my eye here was that sign stained on the window in the lobby—'HE IS THY LIFE.' I went out to the breathing exercises in the morning, and as I breathed the fresh air given by the Lord himself, it seemed that this message came to me, 'Be well! Be well!'"

"From the morning exercises I went to the parlor to the song and worship, and it seemed to me that the very atmosphere there breathed 'Praise God.' From there I went out for a walk on the lawn, and as I passed one of these beautiful syringa bushes full of white blossoms and kissed by the dews from heaven, it seemed to bow to me and say, 'Good morning. I have a lesson for you. It is that of sympathy. Dost thou see how gently I caress my less fortunate sisters below me?' And it was bending over and touching the bushes below it. From there I walked on to that beautiful bed of pink geraniums, and they seemed to look up and smile and say, 'Wouldst thou catch my rosy glow and carry it home on thy cheek!'"

As I came in from the lawn I met Dr. R— in the hall, with that smile of his. While he did not say it in words, he said in acts and deeds, 'Let everything you do be done with a smile.'

"As I was going into the bathroom I passed a window-garden of fuschias, and they seemed to look up and say, 'Good morning, I have a lesson for you—Be bright! Be Bright! Dost thou see how beautiful and radiant are my hues?' I went on further and there was a beautiful pot of Easter lilies, and they said, 'I have a lesson for thee; my lesson is purity.'

"One day as I was passing through the palm garden I looked at the palms and they seemed to say, 'Good morning! I have a lesson for you this morning—Be stately! Be stately! Dost thou see how majestically I stand?' And glancing up, a *springerle* looked down upon me and seemed to say, 'I have a lesson for thee—Be graceful! Be graceful!'"

"After the noon hour I went out on to the lawn for a rest, and it seemed to me that the very grass looked up and said, 'I want to add to your comfort while you are here. I am furnishing the carpet for your feet.' It seemed to me that the tall and stately maples vied each other in spreading their branches to see which could spread the widest as they bade me come and rest beneath their shade, and they seemed to say to me, 'I will give to

thee my protecting care, and be not forgetful of Him whose care is even greater than mine, who is ever ready all our sorrows to share; who dost help us all our burdens to bear; and moment by moment we are in his care."

Mrs. K——, of W. Va., stated that she had been at the Sanitarium now nearly seven months, during which time she had received very great benefit and was thoroughly convinced that Providence had directed her steps in coming to the institution. She too had observed the motto spoken of by Mrs. Stark, and realized more than ever that our life is in God.

Dr. J. F. Morse, a member of the Sanitarium medical faculty, then arose and stated that he owed his life to the principles of this institution. As a child he was weak and puny, and it was often said of him that he had not vitality enough to keep going. But his parents were in possession of the knowledge of these principles and he was reared under their influence. They followed out a course of simple treatment in handling disease and sought to live in a simple natural way. A neighboring family had two boys corresponding in age with himself and brother. These boys were samples of good health, robust, hearty, active children. Their father was a dissipated man. They were brought up in the usual way, drinking black coffee and dosed with medicine. As they grew up his brother and he developed in strength, becoming well and strong, while these boys deteriorated. The older one soon died of Bright's disease, and the other of delirium tremens, and the father died of smoker's cancer. A few years ago Dr. Morse was on a visit to his native place in Minnesota and a half hour before taking the train he was called upon to see a young man of twenty years of age who was a victim of tuberculosis. He spent twenty minutes with the young man, during which time he gave him some earnest advice, telling him what to eat, to sleep out of doors, to take exercise daily in the open air, in fact, advised him to hunt muskrats in the winter, not for the sake of the muskrats, but for the sake of the cold, vigorous outdoor air. He left him. The young man never saw a Sanitarium nor a Sanitarium doctor except for that twenty minutes, and yet to-day he is alive and well because he heartily adopted the hints given him and closely adhered to those principles.

Mrs. A. S. Steele, of Chattanooga, Tenn., superintendent of the Steele Home for Outcast Children, was the next to testify. She spoke of the salutary effect of Sanitarium principles upon her own life and the health of the children who have passed under her care. For fifteen years she has not eaten any flesh and for over thirty-six years has not been ill in bed. There are one hundred and fifty children in her home and there has not been a death there for more than a year. They have never had typhoid fever, scarlet fever, pneumonia, or any other epidemic malady. Eight of the physicians of Chattanooga have offered their services free, but they are never called upon. All the young people eat but twice a day. They have no flesh, but plenty of bananas and other fruits, with nuts and good substantial food. They use a limited amount of sugar and conform strictly to what they know to be the laws of right living. Perhaps some little discontent may come up for a few minutes, but of the twelve hundred children who have gone out from this home to active and useful lives, every one of them now blesses the Steele Home for the practical knowledge they obtained of how to live, how to preserve their health and strength.

Miss B——, from Kentucky, daughter of a practicing physician, appeared before the

audience as a sample of what the Sanitarium principles and methods would do for a young person who was an early victim of dyspepsia. She has been to the Sanitarium at different times, and found it necessary to undergo a serious surgical operation before she could recover, but is now living in the enjoyment of good health and happy in the restoration of the joys of life.

Mr. Todd came forward and stated that he was neither a doctor nor a preacher, though he came within one of being the latter, his brother next older being a minister. He had always noticed that when one became suddenly possessed of a great treasure they were anxious to tell all of their friends about it. He himself had found his greatest joy in the most remarkable recovery. For many years he had suffered from stomach troubles and had traveled from one end of the country to another consulting specialists and doctors and spending thousands of dollars, and all the time becoming more wretched and hopeless until as a last resort he had come to the Sanitarium. Upon coming he weighed about

ninety-six pounds, was a mere skeleton, but in six months he had gained over fifty pounds in weight. He considered himself one of the happiest men living. Life had assumed a new aspect and the opportunities of living were again set before him. He loved the Sanitarium, loved its principles and its teachings, and should cherish them as long as he lived.

By this time it was necessary to bring the meeting to a close, although there were very many others who were ready to speak from personal experience of their appreciation of the benefit they had received and are receiving.

Dr. Pliny Haskell, in charge of the American Medical Missionary Dispensary of Chicago, was a visitor with us for a day last week. He reports himself very much in love with his work, which is continually becoming more widely known in the Stock-yards district, in the midst of which it is situated.

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VOL. II AUGUST 6, 1909 No. 35

IT PAYS TO BE GOOD

THE above sentiment was the text for the patients' "experience meeting" the other evening. This has been demonstrated many millions of times in every conceivable way; it never failed to be true in a single instance, and yet, comparatively few people shape their course in life in every respect according to that principle. There is that within every one of us that clamors for gratification at the expense of what we know to be the right thing to do. We yield at last, "just for this once," and our moral force is weakened, yielding comes more easily next time, and—there you are—a wrong, vicious habit is upon you, and before you know it you are a slave. Next you are a victim, and then you begin to suffer the consequences of what you have sown.

The wise man many years ago saw into the case very clearly when he wrote, "Because sentence against an evil work is not executed speedily, therefore the heart of the sons of men is fully set in them to do evil." Men are seen to do wrong time after time and to escape punishment, and some one says, Perhaps I shall escape altogether. But the wise conclusion of the wise man was this; "Though a sinner do evil an hundred times, and his days be prolonged, yet I know it shall be well for them that fear God, that fear before him; but it shall not be well with the wicked, neither shall he prolong his days, which are but as a shadow."

A sound character, a lasting and enduring moral standing, or sound health and long life, can be secured only by being placed upon an unimpeachable basis in faithful adherence to that which is right and true. The relations which we sustain to men are but extraneous and capricious. They do not determine our real standing. The relation we maintain with that which is right and true is vital in either moral or physical matters. A man's reputation expresses his standing with men, and it may be true or false to his real character; it may be fickle and fleeting. A man with the reputation and appearance of fine health to-day may be the subject of a funeral tomorrow. His reputation did not represent his true character. But a man whose life and habits are correct, whose secret life is above reproach, does not fall in a moment either morally, socially or physically. Erroneous principles and practices surely undermine the health of the body and sooner or later there will be a collapse and a fall.

A PLEASANT AND PROFITABLE DAY

LAST Sabbath was filled with pleasant exercises and opportunities for the benefit of the Sanitarium family. The Chautauqua was in progress at Lake Goguaac and quite a good many availed themselves of the privileges of that assembly. In the Sanitarium the Sabbath School, convened at the usual hour, was well attended and an interesting program was carried out. Part of the school are engaged in the study of the International Lessons, and part are studying the Life of Christ, the children's department being under the management of Miss Georgia Hunt. The hour of general services was filled up with a musical program consisting of an organ voluntary by Professor Drever, scriptural readings and prayer. Miss Eva M. Lacy, of Saginaw, sang "The Cradle Song of Bethlehem" and "Faith." Professor J. B. Nykirk, director of music in Holland, Mich., sang "The Lord Be Merciful." The congregation sang some old hymns. The audience was not only pleased and entertained by the delightful music, but were edified and built up spiritually and all felt that the hour had been profitably spent together.

In the afternoon Rev. M. C. Wilcox, Ph. D., for twenty-five years a missionary and educator in China, spoke to a large congregation on the lawn on "The Women and Children of China." His address was one of great interest, although not given as a formal lecture, but as a familiar talk. Many points illustrating the strange conditions of womanhood and childhood in China were brought out. Doctor Wilcox is engaged in the work of translating into the Chinese language such works as will be useful in the education of the Chinese people.

A meeting of the Sunshine Club was also held on the lawn at the usual hour; and thus the day was pleasantly filled with the uplifting influences of moral and spiritual life.

The Water Way March

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THE NERVOUS SYSTEM OF MAN

(Continued from page one)

poisonous substances like alcohol and various drugs that may be brought to the brain in the circulation of the blood,—it is wonderful, I say, how the brain resists the ill-effects of these.

I wish first to describe the nervous system in a general way, in its fundamental parts, and tell you something about its growth and development, and a little about its function. In a well-prepared text-book on the diseases of the nervous system, written by my old teacher, Dr. Dana, of New York, he describes one hundred and seventy-three different diseases of the nervous system, and one reason why it is liable to so many different diseases is because the nervous system has so many different kinds of work to perform. One part of the brain has control of motion, and when that is diseased we have perhaps convulsions, or paralysis; another part has control of sensation, and when that is disordered, we have disturbance of sensation; and so on through a very long list.

There has been a vast amount of work done in recent years upon the finer anatomy and physiology of the nervous system, and many very interesting things have been developed by these newer methods of investigation. Now, a cell is a unit of tissue. A cell is to the body what a brick is to a brick house. The simile, however, does not fit perfectly, because all bricks have the same size and shape and the same color usually, in any given house or brick building; but the cells of the body do not have the same size; they do not have the same shape, and yet they are all units of tissue; they are units out of which the various organs of the body are built up; and so we have nerve-cells which build up and make up the brain and the nervous system; we have cells that compose the liver, and we have muscle cells which make up the bulk of muscle; so we have these different cells in the different organs of the body. The cell differs, of course, with the different organs of which it helps to form a part.

Now, we all begin our life as a single cell, and if this cell is of good material, if the cell is healthy and vigorous and strong, then the individual who develops from this cell will be healthy and vigorous and strong. On the other hand, if this cell is weak and sickly, and the material of which it is composed is of a poor quality, then we have a sickly child and a sickly man or woman, and we may have some well defined disease of the nervous system or some other part of the body as a result of this individual starting in life from a poor cell.

The quality of this cell, or the kind of material of which it is composed, makes up the heredity of the individual. If the cell is strong and vigorous, then the individual inherits a strong body; if it is weak, then he may inherit a weakness or some disease. The original cell is spherical in shape, like a ball, and it grows by a peculiar method which is known as karyokinesis. It is a very wonderful process, indeed, by which the cell develops into two cells; and in this process of division there are a great many changes taking place. Now, that is the way our bodies grow. We all begin our life as a single microscopical cell, about 1-250th of an inch in diameter; and we grow along two lines. First, by an increase in the number of these cells, each cell dividing and the number of cells increasing in that way by multiplication, by this cell division; and then further than that, each of these cells as they grow and develop increases in size; they become larger, and that is the way our bodies grow. There are formed three pri-

mary layers of cells—ectoderm, mesoderm, and endoderm, or inner, middle, and outer. In each of these three layers cells of certain organs develop and grow. In the outer layer, the ectoderm, there is developed the skin and nervous system; and it is an interesting fact that the skin comes from the same kind of cells as the nervous system; and it is also interesting to note that when we find a person with a very thin, sensitive skin, we usually find a person who is nervous, that is, I do not mean necessarily fidgety or mentally excitable or anything of that kind, but the nervous system is active and responds readily to different forms of stimulation. Now, in the process of growth in this outer layer, there is noticed first a tipping down; this folds in, forms a groove which is called the neural groove; and a little later the two sides of this groove meet and form a tube called the neural tube. The part of this ectodermic layer that is left outside continues to grow and forms the skin, while from the neural tube the nervous system develops. And this shows, I think, very clearly, how the nervous system grows from one part

of the layer, while the other part is left outside to form the skin.

(Continued next week.)

PERSONALS

R. E. Morse, M. D., of San Antonio, Texas, is among the recent arrivals from the South.

Dr. N. R. Gordy, of Springfield, Ill., has entered the institution for rest and recuperation.

A. H. Tuttle, professor of law, in the Ohio State University, is among the recent arrivals at the Sanitarium.

Hon. A. D. Kinney, formerly of Duluth, Minn., now of Pennsylvania, is spending a few days at the Sanitarium.

Miss Donalda McKenzie left last week to spend the remainder of her vacation visiting friends and relatives in Ripley, Ont.

Miss Loree Arthur and her sister left Tuesday morning for a trip to Niagara Falls, Buffalo, Toronto, and other eastern points.

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Mr. A. J. Mitchell, of Owensburg, Ky., a retired merchant, has arrived to spend some weeks in the institution taking much-needed rest and treatment.

Mr. and Mrs. Powell, of Pennsylvania, old friends and patients of the institution, left last week for an extended trip through the West, taking in the Seattle Exposition.

ARRIVALS

The following is the list of arrivals at the Battle Creek Sanitarium for the week ending August 2: Chas. Wolohan, Mich.; G. S. Phelps, N. Y.; Jacob Schaible and wife, Mich.; E. E. Martin, wife and boy, O.; Jennie Redfield and Eva N. Lacey, Mich.; Mrs. L. W. Kirby and Miss Waight, Mich.; Mrs. C. G. Westcott, Fla.; Mrs. C. Dupree Smith and Mrs. J. L. Young, Ia.; Mrs. N. B. Mallaery, Louise and Lois Duffie, Ark.; E. H. Belden, Mich.; C. F. Tydeson, Tex.; Mrs. E. T. Barden and child, Tex.; John C. Bigeske, Ill.; J. B. Kufer and daughter, Texas; Mrs. V. E. Stem and Miss A. Reid, Mo.; Mrs. Geo. E. Lewis and Ruth Baxter, W. Va.; Guy G. Graves, O.; E. H. Johnson and wife, Ky.; Mrs. F. B. Riley, Ky.; J. E. Quinn, Ill.; Wm. S. Waring, Ill.; Mrs. E. K. Young, Ill.; J. W. Young, Ill.; K. B. Pierce, Calif.; Lillian Wyckoff Johnson, Tenn.; Frederick W. Aldred, R. I.; B. F. Douglass, O.; L. Quigley, N. Y.; W. P. Sturdevant, N. Y.; Mrs. J. Alexander, N. Y.; Mrs. Wm. P. Carpenter O.; F. T. Zimmerman, Ind.; J. C. Owen, China; M. Higgins, Wis.; C. A. Carlson, Ia.; E. H. Beauford, Ia.; Wm. M. Tellus, Neb.; H. C. Anderson, Ill.; Mr. and Mrs. Schermerhorn and George, Pa.; Mrs. W. F. Schermerhorn, Ind.; A. H. Whited and wife, Texas; Andrew Headley, O.; Dr. Birnstad, Minn.; A. O. Anderson, N. Dak.; J. H. Bug, N. D.; Thos. Hamilton, Ill.; W. M. Stamp, Ind.; J. L. Lincoln, D. C.; Mrs. M. J. Lincoln, D. C.; Jas. Burgess, and Mrs. J. S. Burgess, Mich.; Mrs. L. E. Arnold, Mich.; O. J. Gilbert and wife, Mich.; Mr. and Mrs. R. E. Kirk, O.; J. E. Thomas, Wis.; Henry A. Buchtel, Colo.; Walter H. O'Neal, M. D., Pa.; J. Emory Bair, Pa.; Mrs. P. W. Culberhouse and daughter, Ark.; Aden P. Williams, Miss.; Wm. Pilger and wife, and Florence N. Pilger, Ia.; James Small, Ind.; Mr. and Mrs. A. Lawrence Smith and child, Mich.; Walter C. Mack, Mich.; Mrs. Henry E. Whited, Jr., Pa.; P. L. Brereton, Canada; Mr. and Mrs. Frank E. Dunn and two children, Ill.; A. R. Barthmel, Pa.; Mrs. L. D. Rudy, Pa.; Irving Drew, O.; Mrs. F. Brody and Della, Ia.; E. O. Bender and wife, Ind.; Bertha Zimmer, Ind.; James H. Banford, Ill.; D. W. Shoemaker, Pa.; H. F. Tate, Ill.; Julia Short, Wis.; Miss Goodrich, O.; Mrs. Ronnelsburg, O.; Wilber H. Byers, Mich.; Mrs. John Hallieburton, Tenn.; C. H. Ott, Pa.; G. A. Mackenzie, Mo.; Madeline Hosack, Mich.; Mrs. R. Kempf, Mich.; R. Cernoff, Mich.; A. J. Perry, N. Y.; F. W. Miller, Jr., and Geo. W. Lyle, Tenn.; O. M. Peck and wife, Tenn.; Mrs. H. M. McNutt, children and maid, Ill.; Mrs. W. H. Harris, Ill.; L. M. Olewart, Minn.; S. H. Glotel, Ill.; Mrs. P. L. Maron, Miss.; J. F. Buckner and wife, Ind.; Miss Carrie C. Cloatman, Ind.; Matt and Mary Johnson, Mich.; W. J. Whiteleg and wife, O.; Miss Bingle, O.; D. A. Gordon, Minn.; C. T. Barker, Va.; Wilber M. Connell, Va.; D. C. Dunn and two daughters, Ill.; Chas. R. Brown, O.; N. N. Squires, Mo.; H. McNeil, Man.; Catharine Bennett, Pa.; Alice Bennett, Pa.; C. B. Harner, O.; S. W. Eells, Bermuda; A. J. Mitchell and wife, Ky.; Samuel H. Wilson, Kans.; Percival L. Wilson, Kans.; J. F. Isams, Ark.; Helen B. England, Ind.; Luella Barlow, Ind.; Mrs. W. B. Latta,

N. Y.; Henry Beach, Tenn.; Mrs. N. E. Simonson, Ill.; Master R. Simonson, Ill.; Mrs. M. T. Barrett and Grace, O.; Mrs. L. Tesha and daughter, Mich.; S. C. Alexander, Ark.; Mrs. S. C. Alexander, Ark.; W. E. Hosler, Pa.; J. O. Beckett, O.; J. W. Wilson, O.; Isidor Heidenrich, Ill.; J. T. Palmatory, Va.; A. A. Collins, N. Y.; Nelle Mason, N. Y.; A. W. Merrill, Minn.; Mr. and Mrs. Henry Webster, Minn.; Edward H. Cobb, Minn.; Mrs. J. F. Page, Ill.; S. Sutton, Ill.; J. H. Ledyard, Miss.; L. H. Benele, Ill.; Mrs. W. P. Paxton, Pa.; J. F. Eichorn, O.; W. D. Kelly, Ill.; H. L. Williamson, Ala.; Mrs. M. L. Stevens, N. C.; R. S. Armour, Mich.; E.

O. Bender, Ind.; Mrs. J. H. Schaemleffel, Ind.; Mr. and Mrs. H. Bremer, Pa.; Miss Frederica Bremer, Pa.; J. W. Stine and wife, Ky.; Alonzo T. Tuttle, O.; Wm. Laschinsky, O.; James O. Carr and Mrs. Carr, N. Y.; B. L. Lingly, Pa.; Mrs. Mary R. Vaughan, Ind.; Dr. N. N. Gordon, Ill.; J. E. Ransford, Ill.; J. Mesko, N. Y.; J. R. Parkinson and wife, Miss.; W. B. Roberts, Miss.; Emi Nathan, Tenn.; W. W. Duson, La.; Robert E. Moss, M. D., Tex.; Mrs. A. A. Jones, Miss.; D. R. Claeken, Jamaica; J. S. Lincoln, Ill.; Mrs. C. G. Lambert, Ill.; Henry Heaford, B. C.; Dr. F. N. Bryan and wife, Ky.; Chas. F. Schoff, O.; Murray Briggs, W. Va.

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News Notes

We learn that Dr. George Lovering and his wife, nee Bessie Winkley, for years a Sanitarium nurse, are settled in Eureka, Calif., and are the happy parents of a son.

Miss Mae Peele, a student nurse, was called home last week by the sudden illness and death of her mother. She has lately resumed her work and studies with us, and all are glad to have her in our midst again.

The Sanitarium dining room is being enlarged by enclosing that portion of the roof-garden which is over the front portico. This will give room for about seventy-five additional guests, and will furnish delightful dining quarters, being sixty feet above the lawn and affording the most charming views over the surrounding city and valley.

Miss Hattie Higgins, a former nurse, has returned to the Sanitarium to assist during the rush season. Doctors Smith, Risley, Colver, Eggleston, and Louie Vandervoort are taking their vacation in the West, visiting the Seattle exhibition and incidentally looking up an inheritance their Uncle Sam has for them, and which is as yet "out of sight to find."

Among the many guests of the Sanitarium we have met with pleasure Rev. A. McLean, of Cincinnati, who has been here several times previously. Rev. James Small, of Columbus, Ohio, is also with us and has spoken to the family with much acceptance. Professor J. B. Nykirk, of Holland, Mich., teacher in music and a talented singer, is spending a short time here and has delighted us with his singing.

The Battle Creek Chautauqua Assembly was in session from July 23 to August 1, and was pronounced a success by common consent. The talent employed was generally of a high class, and some of the addresses were of particular merit. The appreciation on the part of the public was shown by an increased attendance over last year which was certainly an excellent testimonial of appreciation. The permanent establishment of the institution in our midst is practically assured. The acquirement of permanent grounds and buildings being the next consideration.

Plans are being perfected for giving the Sanitarium family a rare treat in the form of a composite athletic exhibition. A portion of the evening is to be occupied by the local Knights of Pythias under the command of Captain Fowler. This company has won first prizes in two national contests, one in Nashville and one in Boston, as the most perfectly drilled and most accomplished company in military formations. The rest of the evening will be occupied by students of the physical culture school in athletic and gymnastic exercises. Arrangements are not completed as yet, but we hope they will soon be perfected.

With deep sorrow we announce the death of our fellow-worker, Dr. Geo. D. Dowkontt, editor of the *Medical Missionary* and chaplain

to the American Medical Missionary College, which took place in Brooklyn, N. Y., at the home of his son, on the morning of July 31. Doctor Dowkontt had reached the age of sixty-seven. He was an Englishman and served for fifteen years in the British navy. He was converted and became greatly interested in promoting the interests of medical missions. Twenty-five years ago he came to this country and instituted the work of training young men for that work, and since then has devoted his life to that purpose. About three years ago he became identified with the American Medical Missionary College and the *Medical Missionary* and has labored arduously and successfully to bring this College into touch with the great missionary enterprises and boards. He was a genuine Christian, with a kindly heart, and unselfish aims. His health has been precarious for some years, and yet he would not spare himself, but gave his all to the work he loved.

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SANITARIUM RELIGIOUS LIFE

(Continued from page one)

upon those under affliction by an unostentatious faith reposed in the Power that is above all other powers. The consolation and assurances of faith in God have a salutary effect upon the mind, and thus upon the bodies of those who are exhausted and cast down by suffering and disease.

While there is a recognition of the place that Christian faith and living deserves in a work that is essentially philanthropic and humane, there is no attempt made to thrust religious observances or tests upon the attention of any one. Although the most of the Sanitarium managers and physicians have been taught in the same religious faith, there is no attempt made to forward the interests of any sect or party. Christianity is acknowledged here only in its best sense—that of likeness to its Author. To be like Christ, the Master, is to the Sanitarium the one great desideratum in religious life. On this plan all Christians are received alike, and the spirit of Christianity is looked for more than the observance of particular rites or forms, or the bearing of denominational names.



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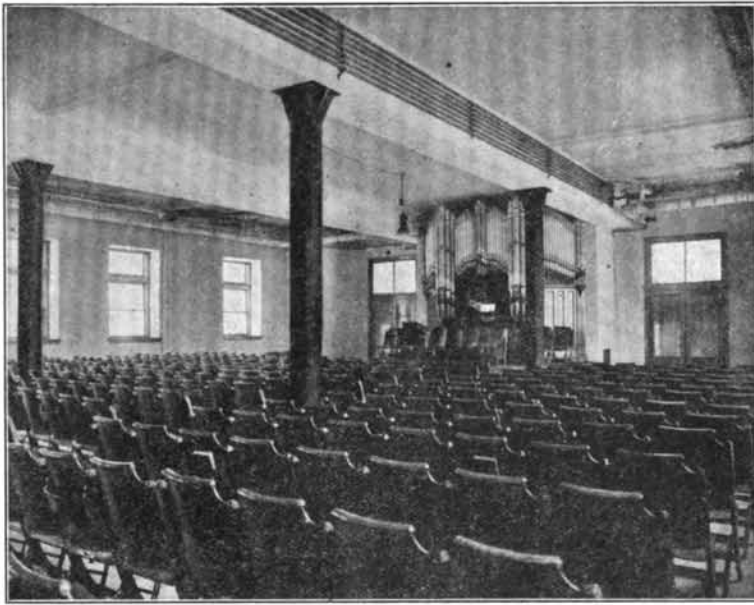
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BATTLE CREEK, MICHIGAN



THE SANITARIUM CHAPEL

to be a source of comfort to the majority of our family. Brief services are held each day which may or may not be attended, and on the Sabbath the chapel is occupied with Sabbath-school and preaching services in the forenoon. A gospel service or lecture is also held in the parlor or on the lawn on Sabbath afternoons and Sunday evenings. These are short, cheerful, and helpful, and are greatly enjoyed.

Two or three pastors minister to the patients in public or private as their services are required, and short services are held for the benefit of the workers in the different departments. Men and women who are ill almost instinctively turn for comfort to a higher than human source. Many people pass hurriedly through life without giving much thought to other than mere earthly things. But when illness enforces a period of pause and reflection upon them they welcome the influences which teach them of a loving and merciful Heavenly Father.

A very popular and worldly physician of one of the great Western cities came here some time ago. He was a man of large reputation in his profession, but a godless man. He was earnestly asked what had induced him to come to this place. He replied, "Do you remember Mr. _____?" naming a rich and reckless man of the world who had been here some time previously. Yes, we remembered him. "Well, he told me to come here because he said that God was here, and so I came."

Religion is not a fetiche or a fad, but the embodiment of the very greatest and most sacred principles known to the human heart. Its true working is not emotional or ostentatious, but quiet, peaceful, powerful, and helpful in every way. And it is in this way that the Battle Creek Sanitarium seeks to utilize its power.

It is the desire and aim of the management to furnish the institution with Christian helpers. The doctors are Christian men and women, the nurses are Christian young men and women, and in the departments Christians only are employed. But no test is made or questions asked as to denominational affiliations or choice. If the spirit and character testify that the individual has been with Jesus, it is quite satisfactory.

In the matter of attending religious services, nurses and employees are expected to do so at reasonable times. The study of the Bible is associated with the courses of study for nurses and other students. But guests are left entirely at liberty to follow their own inclinations as to attending religious services of any kind. Family worship is conducted every morning for twenty minutes in the parlors of the main building and East Hall. This seems

BATTLE CREEK SANITARIUM SCHOOL OF PHYSICAL EDUCATION

Special Summer Course now in Session, until September 10th, 1909

The Board of Directors of the Battle Creek Sanitarium have organized this school in order to crystalize the work in Scientific Massage, Swedish Gymnastics, Manual Movements, and general educational work along the lines of right living. This work has been carried on continuously for more than thirty years in connection with the gymnasium, lecture and class work for the patients, nurses, students, and general help of the Battle Creek Sanitarium. The summer course is especially adapted to the convenience of teachers, university students, and others desiring a change of vocation and rest, while at the same time earning their expenses and pursuing a profitable course of study.

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The tuition for the ten weeks' course is \$20.00. By working from three to six hours a day, each student will be able to pay practically all of his running expenses. An opportunity for such work will be offered in the various departments of the Sanitarium.

The regular school year opens October first, and running to June first, nineteen ten.

Any who are interested will be sent illustrated announcement with further details on request. Address,

The Battle Creek Sanitarium School of Physical Education
BATTLE CREEK, - - - MICHIGAN

THE · BATTLE · CREEK · IDEA

Vol. II No. 36

BATTLE CREEK, MICH., AUGUST 13, 1909

Price 2 Cents

The Nervous System of Man

A Lecture in the Sanitarium Parlor before Patients and Guests, by
W. H. Riley, M. D.

(Continued from last week)

THIS is the beginning of the formation the nervous system; it is the foundation upon which the nervous system is built. You

Hydrotherapy in the Sanitarium

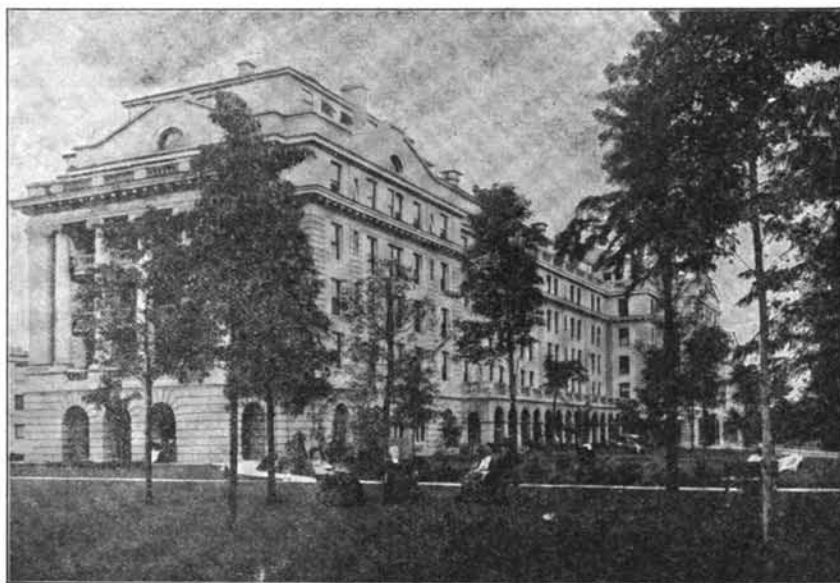
Natural Remedies Found in the Most Abundant Provisions of Nature—
Water in Therapeutics

NEXT to the air we breathe water is the most universal and easily accessible natural product. Air costs us nothing and we must have a constant supply each moment. To get it we only

THE BATTLE CREEK IDEA-- ITS ORIGIN AND WHAT IT IS

As Set Forth by Dr. J. H. Kellogg in a
Lecture at the Sanitarium
July 1, 1909

THE Battle Creek idea does not belong to Battle Creek; it did not originate here; and so it has no right to be called the "Battle Creek idea." Certainly it is no discovery of mine,



Battle Creek Sanitarium, Main Building, 1903

will understand, then, that extending through the length of the body of the young animal there is this neural tube, and the nervous system develops from this tube. In the fully developed individual this tube represents the spinal cord. In the young animal the canal inside of the spinal cord is very large; but as the animal grows, becomes older, the walls here become thicker, and they encroach upon the canal, and by growing in and the walls becoming thicker, the canal becomes smaller, so that in the adult the canal which is inside of the spinal cord is very small compared with the canal present in the young child.

There are important changes that take place in the growth of the nervous system with reference to this neural tube. First, this wall becomes thicker for the most of its length, but
(Continued on page five)

have to let it in. Water comes next in the essential elements of living. Our bodies are largely composed of it, and we must continually partake of it with food and drink. It is not quite so superabundant as air, nor as cheap, and yet it is accessible to all by a little effort, and is abundantly supplied in all the habitable parts of the earth.

The external application of water to the body as a therapeutic measure is effectual through its reflex action only. That is, the healing power is not in the water. That power is in the body or system itself. No foreign or extraneous substance, be it drug or water, has the power to heal or restore the body that is diseased or wasted away. The healing, restoring power is already in the system, and will quickly accomplish its work when conditions are made favorable. Water as a remedy
(Continued on page six.)

and I do not know of anybody who discovered it. The Battle Creek idea is something that originated away back in the ages; there is nothing new about it. Some imagine that this Battle Creek idea is a modern theory that somebody has hatched up, some whim or fad, and so they have no faith in it. I do not blame anybody for not having faith in newfangled notions that somebody is exploiting; I myself have no faith in such notions. But what has come to be called the Battle Creek idea is an assemblage of ideas that are very old, coming to us from away back in the ages.

There are a number of ideas embodied in what we call the Battle Creek idea. It is a system rather than a single idea, a group of ideas and principles developed into a composite system of living, of treating the sick, of getting well and keeping well. I suppose the most of us here know how hard it is to get sick.

Just think how long you went on eating things you wanted to eat, paying no attention whatever to health or health principles, giving no thought whatever to what is good for your body, eating just what you pleased, anything that tasted good, enjoying it to the full; then think how long you were able to do that before you broke down, before you began to feel any ill consequences. Perhaps somebody who had fallen into the slough of disease in consequence of such wrongdoing remonstrated with you, and you said, "Oh, it does not hurt me; nothing hurts me; I can eat anything; nothing hurts my stomach." Did you ever hear anything like that? That is what everybody thinks until by and by he is broken down. He thinks that if he should break down there is a doctor So-and-so who has something that will cure him up, or he can get some dyspepsia tablets, or some pleasant purgative pellets, or something else, and he will be all right.

A few years ago I was taking dinner with Dr. Winternitz, in Vienna. It was the first time I had ever met Dr. Winternitz, though

"Oh, I am very certain of it."
"But how do you know? You haven't lived very long yet yourself."

"Well, I had a relative who lived to a very, very great age, and he lived the way I do."

"How old did he live?"

"I hardly dare tell you; I fear you would not believe it, he lived so long."

All said, "Oh, yes, we would believe you."

I said, "Well, then, I will tell you the truth. He lived to be nearly a thousand years old."

"O-o-o-h!" And I saw their confidence was pretty badly shaken.

"How long did you say?"

"A thousand years."

"And what was his name?"

"His name was Adam."

"Oh!" They had never thought of it, but Adam lived according to the Battle Creek idea.

Of course, Adam never heard of Battle Creek, so we haven't any credit for Adam's having lived uprightly. But I consider myself very fortunate that I found out for myself forty-three years ago how I ought to live. I had read the first chapters of Genesis a good

went in by twos and sevens, and they came out by twos and sevens—just as many came out as went in; so there were no calves, rabbits or sheep for the carnivorous beasts to eat. Noah was in the ark for a whole year. Just think how many sheep and cattle it would have taken to feed all the leopards, lions, tigers and the other ravenous animals! They would have needed a lot of barges to carry the animals for food, but we do not have any account of any such thing. Noah was told to take into the ark "of all the food that was eaten;" "and it shall be meat for thee and for them." So they were all supplied with the natural food that God intended for them; and up to that time they were all eating their natural food, according to the Bible. And the same thing is true according to early history. The old Greeks looked back to the golden age, when, as Ovid said, men fed on fruits, "nor durst with bloody meals their mouths pollute." He continued:

"The birds in airy space might freely move.

No need the fish and guileful hook to fear.

For all was peaceful and that peace sincere." He represents all creatures as sitting around God's table, all the Creator's guests eating of the bounties of life; and as regards eating the flesh of animals, he says,

"What else is this but to devour our guests.

And barbarously renew Cyclopean feasts?"

And again:

"To kill man-killers, man has lawful power.

But not the extended license to devour."

The other day a man asked me, "If we don't eat the ox, the sheep, the pig, and the goat, what shall we do with them?" As if we were intended to eat everything we didn't know what else to do with! Why, my friends, are we to have the idea that everything was made for our stomach? You sit down at a hotel table and it really looks as though the hotel proprietors imagined that their patrons were expected to eat everything—but that is not the Battle Creek idea. The idea of the Battle Creek Sanitarium is to get back into the old ways.

Even the most of our treatments are not new. The man who originated the water-cure was Priessnitz. He was born in the Graefenberg hills away out near the eastern border of Austria, not far from the Russian line. I made a pilgrimage there seven years ago for the purpose of visiting the very spot, and I saw the house where he was born, and visited the spring where he got water with which to treat his patients.

When he was twelve or fourteen years old, he saw a wounded deer soaking its leg in the cold spring. Not very long afterwards he was run over; his arm was broken and crushed and he was badly injured, and given up as a hopeless case by the doctor. He began to cast about to see what he could do for himself, and he thought he would do what the deer did; so he soaked his arm in a tub of water, and he got well. He surprised the doctor. Then, afterwards, when he was hauling a load of logs down the mountainside the horse ran away and he fell off and a log rolled over him. Some ribs were broken, and the doctor said he would be an invalid for the rest of his life. But by putting on cold cloths he got better.

There came along about that time a man who was a traveling tinker, a locksmith and blacksmith. In those days the blacksmiths traveled around from place to place. While he was in town, he heard of a cow that had been injured by running her foot against a sickle. He said, "I think I can cure her by magic." And young Priessnitz's father sent his son to watch the man. The first thing he did was to take a small stick, break it, and cross the two sticks over the cow's leg; then he had some cloths brought, wet them in cold water, and said some magic words. He bound



Battle Creek Sanitarium, Only Building, 1866

we had known of each other. He invited me to his house to dinner, and had a number of his medical friends come in. Mrs. Winternitz is a Russian lady, but speaks English fluently, for which I was glad, because my German was limited. Well, they noticed I did not take any chicken when it came along, and that I declined the oysters, that I did not take any roast beef, or any other of the dead things that they put upon the plates, and they began to wonder what they were going to feed me. I assured them I was perfectly content with what there was, and had no difficulty at all in getting something to eat. Mrs. Winternitz said to me, "Doctor, it seems to me that you are the most original person that I ever met." That word "original" rankled in my mind a little, for I thought she was trying to tell me in a polite way that I was a crank, and that I was very eccentric. As I was wondering how I should remove this impression, a lady on the other side said to me: "Doctor, do you think a person could live very long if he lived the way you do?"

"Oh, yes," I said, "I am sure he could."

"That he could live longer than one who lives in the way most people do?"

many times in my boyhood days, but I never thought about the fact that Adam had a bill of fare laid out for him. The first instruction that God gave to the man was what to eat. That was his first necessity, I suppose, when he was put into that beautiful garden, and was instructed to dress the trees and the plants; so he had some specific instruction as to what he was to eat. "Every herb bearing seed . . . and every tree in which is the fruit of a tree yielding seed; to you it shall be for meat." And the green herb was to be the food for the beasts. Adam's food was grain, every herb bearing seed, and fruits and nuts. That was Adam's bill of fare. That is where the Battle Creek idea in diet had its origin, away back there at the very beginning.

This idea that the first men were non-flesh eaters does not rest upon Bible authority alone. The traditions of every great nation say that the first men were non-flesh eaters. In those days all lived together in harmony. There was no eating of animals by men or eating of men by animals, until after the flood. When Noah went into the ark he did not take in any sheep for the lions to eat; he only took in seven sheep, and he brought seven out. The animals

the cloths around the cow's leg, kept this up for a few days, and the cow got well. So Vincent came back and reported to his father that he saw the magician do. The father decided that Vincent should become a magic healer, so he purchased from this traveling magician for a sum of money, the formula which he repeated over the cow's foot, and Vincent began practicing the water-cure, with magic; and the neighbors came in, and their animals were treated by means of magic and a little stick. By and by he got along without the stick, but put on the wet cloths; so he gained the reputation of being a doctor, and was known as the doctor with the wet rag. He often used a sponge after awhile, and after that was known as the "sponge doctor." He was arrested, forbidden by the authorities to practice magic any more, and found he got along as well without the magic as with it. And that was really the beginning of the water-cure. His success increased to such an extent that by the time he was thirty years old people were traveling to his place in Graefenberg, a very inaccessible place, from all over the world. Doctors went there from England; and the government of France sent their best surgeons to study his methods. The Austrian government sent a commission to investigate this man's work. They found it to be genuine, no quackery about it, and that people were cured who had been given up by every other medical means. So Priessnitz was given a diploma by the Austrian government, although he was such an ignorant man he could not write his own name until he was forty years of age, could barely read, and had no medical education; yet he received a diploma from the Austrian government, and permission to practice medicine, because he cured the otherwise incurable. Benjamin Rush, the great physician of Philadelphia, one hundred years ago adopted some of his methods. Many English physicians visited him, and Dr. Fleury, of Paris, went over there, and returning established a similar work. I visited his little institution at Bellevue, a little way out from Paris, where he practiced the water-cure eighty or ninety years ago. A great number of water-cures sprang up in this country, and flourished from seventy-five to fifty years ago. This institution, starting about forty-three years ago, used the Priessnitz methods at first almost exclusively.

The water that Priessnitz used in giving his treatments was brought down in hollow logs from the cold springs of the mountain, just as it came out at a temperature of about 40°, and the patients were doused with the water and rubbed so they should not freeze to death. I took a bath when I was there seven years ago after the old Priessnitz style.

When I was last with Professor Winternitz, I said to him, "What is there new?" "Oh," he said, "there is nothing new with me but colder water; I follow Priessnitz." I was very much interested in hearing that, because for fifty years he had been following these methods, and has placed hydrotherapy upon a scientific basis.

This institution was started just forty-three years ago this summer. Twelve men put their money together and purchased the place, employed a physician, and began the work. They had no trained nurses and but one doctor.

It began to grow, and soon a few cottages were added, and when I took charge of the institution ten years later, it was reported that a boy was to take charge, and the doctor disappeared one day and I appeared the next day. Several of the patients went away, so that as a matter of fact, I had just twelve patients to begin with. In a short time the work developed so that we put up a larger building, four stories high. To this we added extensions on the south end, and later on the north

end, and also added a fifth story, and had some extensions at the rear; and still later, we put up a hospital across the street. And seven years ago last February it took fire in the night and burned to the ground. I arrived home the next day and found only a heap of ashes. We began to rebuild soon afterwards, and erected this building; and it was a strenuous task to put up this building and care for four hundred sick people scattered all about. It involved a great debt, under which we are still struggling, but we are getting along, making a little headway each year, and I hope sometime we shall be able to do more than we are able to do now in a charitable and philanthropic way, although we are now able to give about \$30,000 a year for the relief of the sick poor.

The institution is purely a charitable institution. The profits are all devoted to improving the institution, paying off its debt, and doing what it can for the indigent sick. We have undertaken to supply every possible known appliance for the rational and physiological treatment of the sick. While you are here I

hope you will study the daily program and see that you are getting in everything you can. They will help you.

Here is the morning bath for the purpose of waking up the body. You know how, when you feel sleepy, and dull, and bathe your face with cold water, it wakes you up immediately. Every organ of the body has a face. The skin over the heart is the heart face; the skin covering the chest is the lung face. When you apply cold over the heart it makes the heart give a little leap. It makes you take a deep breath. If you get into cold water, you gasp; you absolutely can not help it, because the cold water stimulates the chest to expand. This same stimulus applies to every organ of the body. Momentary cold applied to any external part excites activity in the corresponding internal part. So you see when you take a cold bath, whether it is a cold mitten friction, a towel rub, or a plunge in the swimming pool, it wakes up every function of the body, stimulates every organ and starts off the human machine.

(Continued on page eight)



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VOL. II AUGUST 13, 1909 No. 36

THE EVOLUTION OF MEDICAL PRACTICE

THOSE whose memories extend back a few decades know that we have abundant reason to be devoutly grateful that the science and art of healing is on the move with the rest of the world. Old methods have been superseded and relegated to the forgotten regions in the industrial, educational and scientific worlds. Everything that is done for a man, from the storing of his brains with useful knowledge to pegging the soles of his shoes, is done by methods that are new, and on principles that are the outcome of modern discovery. And it would be most unfortunate for the world if the art and science of treating the sick had not been included in the grand procession of things that are making for higher ground.

Old things are passing away, being left behind, and knowledge is being increased. The healing art has been held in captivity for ages by men who would neither advance in their calling nor suffer the people to approach their sacred temple. But wiser counsels have come in, and intelligent physicians now recognize the importance of having the intelligent co-operation of those for whom they are ministering.

The care of the human body is no longer held as a cult merely for the purpose of personal gain, and as a sacredly guarded lest the people should steal the secret and spoil the business. We do not hear so much about a "little knowledge is a dangerous thing" as we once did. On the other hand, our local boards of health, our educational departments, and the general government are all uniting in the effort to encourage the common people to study for themselves the questions which relate to their physical well-being, to prevent as far as possible the inroads and the outbreaks of disease, and how to manage the diseases when they appear.

Then, too, disease is no longer intelligently regarded as an entity to be fought, an enemy, a visitant from the nether spirit world. Disease is but the result of unnatural conditions, and the removal of the conditions is all that is needed to remove the disease.

Symptoms are no longer looked upon by the observant physician as so many snakes coming out of their holes and requiring to be knocked on the head; they are rather looked upon as guide-posts or danger signals, indicating the real trouble and not constituting the trouble. Symptoms should be removed by removing that

which caused them, and not by merely suppressing the symptoms.

Then, too, the days of empiricism are passing away. Not many years ago it was a case of "cut and try." If one remedy did not hit the spot, another was tried, and then another, and so on until the whole materia medica had been exhausted. If the first doctor could not guess what the matter was, another was tried—somebody would be sure to hit it by and by. Not so in our days; at least it should not be so. We have reached a time when the exact state of the human system may be definitely and unmistakably understood in the light of modern medical science and practice.

But the study of medicine is exceedingly progressive. Every day brings to the aid of the wide-awake practitioner new ideas, new discoveries, advanced steps in his calling, and if he would keep pace with the onward and upward march he must keep moving lively.

The Battle Creek Sanitarium is by no means a conservative back number in this work of reform. In the making of this claim there is no egotism, for the mere statement will be acknowledged as true by everyone at all acquainted with the work and history of the institution. From the first it has been and is still the supreme effort of this institution to take the people into its confidence and to lead them along in the pursuit of knowledge of the human body and its proper care. Every pains is taken to make its patients intelligent in reference to what is being done for them and with the reason for doing it. The patient is faithfully taught in the art and science of health preservation so that he can remain at home and keep well.

In the treatment of the sick, symptoms are regarded as friendly indications of what needs to be done, but they are not depended upon solely nor primarily, for in the extensive laboratories the case of the patient is carefully investigated so that there can be no mistake as to the cause of his trouble and no question as to the proper course to be pursued in his case. Several years ago the president of the American Medical Association remarked in a speech that the Battle Creek Sanitarium was twenty-five years in advance of the medical profession. It still aims to lead.

He had appealed to the doctor for aid. "Do you stammer all the time?" asked the man of science. "N-n-n-n-no," he stuttered, "I only st-st-st-st-st-stammer when I t-t-t-t-talk."—*Circle Magazine*.

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THE NERVOUS SYSTEM OF MAN

(Continued from page one)

it becomes in certain places thinner. The places where the walls become thin dilate into cavities or ventricles, of which there are four, and these dilatations finally form what we call the ventricles in the fully developed brain.

You will understand that these ventricles are cavities filled with fluid substances. There are two cavities in the large brain, one on the right side and one on the left side; then there is a third ventricle in the middle; and the fourth ventricle down at the base leading down into the central canal; these cavities in the brain are connected with the cavity in the cord which we call the central canal. The spinal cord is made up of what we call segments, and each segment is a part of the cord to which a pair of nerves is attached. One set of nerves we call the anterior nerve root, and the other group of nerve fibers is called the posterior nerve root. Each segment has two roots on either side, or four roots altogether; and it takes two roots to make up a nerve trunk. After these two roots join together, we call it a nerve trunk. If we had two skeins of yarn here, one red and the other blue, we could separate them and let the blue threads represent the posterior nerve root and the red threads represent the anterior nerve root. But later these fibers become intermingled into a network, though they still preserve their distinct character. In the nerve trunks of the arm or any part of the body, we have at least two kinds of nerves, represented by the red threads of yarn, and the blue threads. The sensory nerves and the motor nerves are mixed together in the nerve trunk, but they are separated here before they join the spinal cord. Sometimes we have a disease in the posterior nerve root, known as locomotor ataxia, where a man has sharp, darting pains in his legs and sometimes in his arms, and different parts of the body. That disease usually begins in the posterior nerve root. That man does not have paralysis, he has no muscular weakness, he may have later, but he doesn't have at first; he simply has these pains; but he has numbness in his feet and in his hands, and he has inco-ordination in walking; and all these symptoms are due to the fact that these nerve fibers which carry impulses from the skin and from the muscles up to the cord and on up through the brain are diseased. And when they are diseased, we have what we call sensory symptoms. On the other hand, we sometimes have disease of the anterior nerve root, and when we have that, we have paralysis, and wasting muscles. So the physician who studies his case carefully can tell very accurately in what part of the nervous system the disease may be located.

I am not speaking of this to tell you anything very much about it, only to illustrate the point that when in the nervous system we have a certain part diseased, as the result of that we have a certain definite group of symptoms. On the other hand, some other part may be diseased, and we have another definite group of symptoms; and I speak of that simply to illustrate the fact that the symptoms that we have as the result of nervous disease depend upon what part of the nervous system is affected.

The cerebrum is known as the large brain; it is the part that we think with and feel with, and the part that we control the movements of the body with. Adjoining the larger brain above and the lesser parts below, is what is called the mesencephalon, or the mid-brain. The word *pons* means bridge. The *pons* (bridge) of Varolius, connects the two hemi-

spheres of the brain. The man who discovered it called it the *pons* because the fibers extend from one side over to the other side and connect the two parts together. Below the middle brain is the small brain, or cerebellum, and below that we have the medulla oblongata, the smallest section of the brain.

Some years ago I had a gentleman under my care, who met with an accident in which one side of the skull was broken off and at least a handful of the large brain was scooped out of the head on that side. He was paralyzed on the opposite side of his body. He could think as well as ever; his mental faculties were quite normal; there was no disturbance of that kind, but he was paralyzed in the opposite side of the body. His case illustrated several different things, but one thing in particular, and that is that a man may lose a large mass of brains and still be quite a man, still be able to do business. On the other hand, we sometimes have under our care patients who have a disease in the medulla oblongata.

Disease in the medulla is really a very seri-

ous thing. In the medulla there are centers that have control of the heart and of the lungs, and of all the important functions of the body, and when they become diseased, life is threatened, and, as a matter of fact, a disease of the medulla usually results fatally. I speak of these two cases to show that a very small part of the medulla or lower brain diseased may be a very serious thing. On the other hand, we may have a large part of the upper brain diseased, and the individual still live for years. Now, while that is true, the upper part of the brain is really the most valuable part, so far as the intellectual life of the individual is concerned; though it is not the most valuable so far as the animal life is concerned. This is the part that distinguishes man from the lower animals; this is the part with which the man does his thinking, but the lower part has control of all the important organs of the body, and when it is diseased, life is threatened, and death may result in a short time.

The spinal cord is inside of the bony canal that we call the spinal column. I hope you will

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all distinguish clearly between the spinal column and the spinal cord. Many people get these confused. The spinal column is a bony column extending up and down the back part of the trunk of the body. Inside of this bony column is a circular cavity extending its entire length, and inside of this cavity is the spinal cord, and inside the spinal cord is another cavity which we have been talking about as the central canal of the spinal cord.

There is a great difference between having a disease of the spinal column and a disease of the spinal cord. One is a disease of the nervous system, where the spinal cord is affected; and the other, where the spinal column is affected, is a disease of the bone. They are very different structures in every way. This central canal extends up and opens into the fourth ventricle of the brain; then passing from the fourth ventricle through the little aqueduct or passageway called the aqueduct of Sylvius, it extends to the third ventricle.

In certain diseases like cerebro-spinal meningitis, and in certain forms of mental disease like general paresis, or so-called softening of the brain, some form of insanity may ensue, more often seen in men about the age of forty-five or fifty, which is a disease of the cortex of the brain. We can tap this central canal by making what we call a lumbar puncture, thrusting in a trocar at the lower part of the back and drawing off the fluid, not of this canal, but of the sheath outside of the spinal cord, and thus we finally draw the fluid out of this canal, and it comes all the way down from the brain; so you see we can really tap the inside of the brain and draw off the fluid by making certain punctures in the lower part of the back.

In diagnosing diseases we analyze this fluid, and if we find certain elements we are able to identify the disease. This disease begins very insidiously and one can not always tell just when it does begin. It does not show itself frankly at first, and the physician often has difficulty in determining whether or not his patient has this disease; but this method of examination will aid him very much in his diagnosis. Also by drawing the fluid off we relieve the internal canal pressure, the headache, etc; and there are many other things that are worked out by the drawing off of this fluid and making a careful study of it.

HYDROTHERAPY

(Continued from page one)

dial agent does no more than to supply those conditions. The efficiency with which it can supply them is all that constitutes water a powerful therapeutic agent. Its intelligent application is the most effectual means known to man in the control and regulation of the nerves controlling the vital functions of the body. It may be used to arouse the vital forces or to quiet them. Its effects upon the vaso-motor system are so powerful as to enable the intelligent operator to control the circulation of the blood and the operations of the various organs of the body more effectually than by any other known means. Applications of water, hot or cold, upon the surface act directly upon the internal organs beneath the surface through the nervous impulses that are imparted through the skin. Congestion, inflammation, or any pathological condition exists only when the natural functions of some organ or organs are interfered with or interrupted. All that is needed to remove the condition is to assist the organs involved to resume their legitimate work. The principle of vitality and life which we have from God will do the restoring and the healing when the obstructions are taken out of the way. The part that hydrotherapy does

is to bring about those conditions under which the bodily organs can resume and perform their work. And this is done through the effects of heat and cold or the sedative influence of neutral heat conveyed to the body or to parts of the body through the use of water as an agent.

There are certain well established rules or principles which it is very necessary to understand and to follow in the use of water treatment. There must be an intelligent purpose in the mind of the one who is giving the treatment, and he must have the knowledge that will enable him so to use his means as to produce that purpose and no other. He must under-

stand what are the effects produced by a quick application of cold, and that quite another effect is produced by a prolonged application of the same. He must know what effect heat will have upon his patient and just how far to carry that effect, or he may do much harm. He is manipulating vital forces within the body, and he must be no novice.

Of these principles we can not here speak definitely. But the application of water in the treatment of disease is made in more than two hundred different forms in the treatments given in the Battle Creek Sanitarium, from the great swimming baths to the placing of small compresses over an afflicted part.

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-- VIA --

The Grand Trunk Railway System

THURSDAY, AUGUST 26, 1909

Tickets on sale for all trains of above date. Return limit, September 9.
Please ask for descriptive booklets. L. J. BUSH, Passenger Agent.

JERSEY SEA-SHORE EXCURSION

-- VIA --

Grand Trunk-Lehigh Valley Route

TUESDAY, AUGUST 17, 1909

Atlantic City, N. J.	Cape May, N. J.	\$17.25
Ocean City, "	Sea Isle City, "	

Tickets on sale for all trains of above date. Return limit, August 31st. Stop-overs allowed on return trip at certain points. Please ask for full information. L. J. BUSH, Passenger Agent.

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- VIA -

The Grand Trunk Railway System**Chicago and return, - \$2.25 South Bend and return, \$1.60**
Cassopolis and return, \$1.00Tickets good going only on fast train No. 5 leaving Battle Creek 2:25 A. M.,
returning on fast train No. 6 leaving Chicago 10:30 P. M. 15 hours in Chicago.**L. J. BUSH, Passenger Agent.****ARRIVALS**

The register of the Battle Creek Sanitarium shows the following names of arrivals for the week ending August 9: O. D. Kinney, Pa.; Charles Wolohan, Mich.; Emily May Ely, Mich.; Miss Georgia De Marrow, Mich.; S. Webster and wife, Pa.; E. A. Packer, Ill.; Chas. Burgess and wife, W. Va.; Mrs. W. W. Calloran, Ind.; H. H. Hirsch, Ga.; Mrs. J. A. Farwell, Colo.; R. E. Hurlburee, Nebr.; Fred Perkins and wife, Kans.; Aug. S. Crane, N. J.; Orlando B. Pershing, N. J.; Wm. Beecher and wife, O.; U. B. Carroll and Fred, O.; Chas. T. Ewing, Ill.; Mrs. Daniel Grant, Tenn.; Mrs. D. Bruffett, Ill.; Anna Sieburg, N. Y.; S. W. Rupert, N. Y.; P. F. Haskell, Ill.; Smith H. Latta, Ill.; J. B. and P. F. Crowley, W. Va.; Mrs. Geo. T. Lay, Pa.; Geo. T. Lay, Pa.; L. B. Tussing and wife, O.; Charlotte A. Hebard, Mich.; Mr. and Mrs. Robert L. McClure, N. Y.; Master Uricio McClure, N. Y.; J. P. Winters, Neb.; Mr. B. C. Epperson, Tex.; Mrs. Wagner, Ill.; Lauretta Wagner, Ill.; J. A. Downey and wife, Ind.; R. L. Stark, Tenn.; John E. Keeler and wife, Conn.; Margery Keeler, Conn.; A. S. Kilpatrick, O.; R. D. Alderson, W. Va.; S. H. Koenig, Mich.; Charity Baker, Mich.; Cyrus W. Hall, wife and son, S. C.; Stella J. Hillan, Tex.; R. L. Waltson and wife, Ill.; Adelaide Dunn, Ill.; Edwin Erickson, Ill.; J. A. Luenson, Kans.; Mrs. Henry E. Harman, La.; Mrs. H. A. Shurteff, Ala.; Charles C. Adams, Tex.; Louis Greenbrey, Pa.; A. E. Babcock, N. Y.; C. L. Davis, Ind.; J. F. Hoke, Ind.; S. Rugelhaupt, Ark.; Mrs. Edwin Warner, children and nurse, Ark.; Freeman Bregseer, Mich.; Geo. Arneson and wife, S. D.; W. Sikes, Miss.; E. J. Van Horn, O.; J. H. Haller, Miss.; H. H. Ulleman and wife, Tenn.; Thos. Holme, Tenn.; E. B. Horn, Miss.; J. F. Hutchinson and wife, Iowa; C. F. Calkins, Okla.; Mr. and Mrs. J. H. Vetchstaint and child, Pa.; Miss Rachel Jones, Pa.; N. E. Alling, Vt.; Mr. and Mrs. and Jane Moser, Pa.; C. E. Albrook, Ia.; Mrs. F. M. Campbell and Fannie, Tex.; B. C. Niles, Miss.; Miss Katherine Allen, Tenn.; Mrs. Ed. Prather, Tex.; Dr. F. J. and E. V. Dickey, Tex.; Mrs. T. E. Tregenba and children, Mo.; Mr. and Mrs. Abe Lovington, Md.; W. L. Howell, O.; J. N. Martin, N. C.; J. C. Hammock, M. D., N. C.; Mr. L. B. McClure, N. Y.; Mr. Ralph E. Holden, N. Y.; H. H. Shriver, Mich.; Marshall Hall and wife, Mich.; R. B. Herbert, S. C.; Newton Evans, Tenn.; Mrs.

Hugh Daly, Ill.; Hugh Daly, Jr., Ill.; Jno. Reily, M. D., Mo.; G. W. Chapman and wife, O.; Mrs. R. M. Blackwood, O.; J. S. Lincoln, Ill.; Mr. Edwin G. Siebels, S. C.; Mrs. Edwin G. Siebels, S. C.; Mrs. Jas. Pierpont, O.; Chas. Peterson, Fla.; Mrs. Chas. Peterson, Fla.; F. Smotherman, Tenn.; Mrs. H. R. Byrd, Tex.; Miss Clara Byrd, Tex.; Catherine Byrd, Tex.; Mrs. N. W. Speers, Tenn.; Mr. N. W. Speers, Tenn.; Mr. A. C. Olmstead, Mich.; Mrs. A. C. Olmstead, Mich.; Mrs. G. S. Nash, Tenn.; Thos. A. Imiss, Ind.; J. A. Imiss, Ind.; Mrs. Mrs. R. B. Macon, Ark.; Mary L. Macon, Ark.;

Mrs. Addir Blood, Mich.; T. J. Norton, Ill.; J. H. Halliburton, Tenn.; Master Halliburton, Tenn.; Mrs. Richard Cronin; Miss Laura Cronin; Geo. T. Lay; Mrs. Peter McLee, Mich.; E. E. Stacy, Ind.; H. H. Ashenfetter, Pa.; Lewis Deronk, Ind.; Mrs. Julius Fishman, Ill.; R. A. Taylor, Miss.; J. T. and E. E. Sorrels, Miss.; Mrs. Thos. La Francois, Ill.; M. J. Gilchrist and L. D. Lane, Ala.; McLean Denian, Ind.; Leo Wise and wife, O.; N. S. Hooley, wife and daughter, Mich.; B. Harburger, W. Va.; Mrs. Selma Bloom, W. Va.; J. A. Gilkay, W. Va.; Mrs. M. W. Iles, Calif.; Mrs. I. A. P. Whitcomb and Mrs. F. W. Shepardson, Ill.; Mrs. H. W. Valgeli and Miss Emma, Tenn.; Mrs. M. N. Hosack, Ill.; Mrs. Sol Dalkowitz, Tex.; Sol Dalkowitz, Tex.; Anna B. Chittick, Ill.; Fannie D. Meyer and Hulda, Ind.; Jesse V. Byrn, Mo.; F. E. Innings, China; Mr. and Mrs. H. S. Thomas, O.; Mrs. Robert Smitley, N. J.; R. F. Kempf, Mich.; W. D. Kelly and wife, Ill.; W. P. Markle, Mo.; A. J. Shupson, Miss.; A. M. Jacobs and wife, Tex.; R. N. Holland, Ga.; Mr. and Mrs. W. B. Gates, Tenn.; A. W. Jones, Miss.; Mrs. H. Slack, Miss.; Mrs. J. G. Smith, Mich.; Mrs. W. G. Arnold, Texas; Mrs. Chas. A. Cory, Fla.; Z. T. Conley, Ark.; Emma L. Muellen, N. J.; Mrs. Burton Smith, Ga.; Mrs. G. C. Cole, Ia.; Miss Mary Fairchild, Minn.

ICE BAG AND FOMENTATION

For toothache, lay an ice bag on the side of the neck under the jaw and fomentations to the side of the face. If necessary, employ the hot foot bath and the hot hip and leg pack. Fomentations relieve pain not only by drawing the blood to the surface, but by relieving the sensibility of the nerves. Heat often kills pain even more effectively than does opium.


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The Battle Creek Sanitarium
School of Health and Household Economics
BATTLE CREEK, MICHIGAN

PERSONALS

Mrs. W. H. Holleran, of Evansville, Ind., is once more with us for treatment and rest.

Rev. W. L. Bowell, pastor and author, of Columbia Station, Ohio, is a guest of the Sanitarium.

From the East we have with us Mr. John E. Keeler, with his wife and daughter, of Stamford, Conn.

Doctor F. J. Dickie, of Dallas, Texas, is taking a much-needed rest with us from his extensive practice.

Mrs. T. W. Campbell, wife of the governor of Texas, and her daughter Fannie are stopping at the Sanitarium.

Mr. and Mrs. Spiers, from Memphis, Tennessee, are with us once more. They are old friends of the institution.

Mr. Charles Peterson, prominent in real estate circles of San Antonio, Texas, is taking rest and treatment here this summer.

Mr. Leo Wise, son of Rabbi Wise, of Cincinnati, and editor of the *American Israelite*, is stopping at the Sanitarium for a few days' rest.

Dr. Newton Evans, of Nashville, Tenn., formerly on the medical staff of this institution, was a visitor amongst us for a few days last week.

Attorneys R. B. Herbert, of Columbia, S. C., and Thomas A. Simms, of Indianapolis, are taking their vacation at the Sanitarium this summer.

Mr. Robert L. McClure, son of Mr. S. S. McClure, of New York, is stopping at the Sanitarium with his bride, to whom he was recently married in London.

Mrs. M. V. Hawver, of the Toronto Sanitarium, has been spending a few days here with her brother, Mr. McCormick, who has been in poor health for some time.

Mrs. L. J. Simpkin, who with her husband has been in Western China mission work for some years, is a patient at the Sanitarium and is making a good recovery.

Mr. J. R. Holmes, steward of the Louisiana State University and Agricultural College, is at the Sanitarium, having become interested in this work through the Chautauqua lectures of Dr. Geisel.

Rev. E. F. Charles, of Walton, N. Y., pastor of the Baptist church in that city, who has been prominent in the recent successful temperance campaign there, is stopping at the Sanitarium.

Mrs. Lydia A. P. Whitcomb, of Indianapolis, and Mr. M. J. Gilchrist, of Cortland, Ala., both patients here years ago, are again with us for physical repairs and rest, and are making good progress.

J. H. Vitchenstein, of Pittsburg, editor of the *National Labor Tribune* and manager of another daily paper, and prominently connected with one of the great coal companies, is at the Sanitarium.

Among the many guests of the Sanitarium from the Southland are Mr. and Mrs. Edwin G. Seibles, of Columbia, South Carolina; Mrs. H. R. Bird and two daughters, from San Antonio, Texas, and Mrs. B. E. Epperson, of Dallas, Texas.

Miss Clara V. Radabaugh, M. D., a recent graduate of the American Medical Missionary College, found it necessary at the close of her course to undergo a course of treatment and surgery, and has made a fine recovery. After a short period with her home people she will return and take up work at the Sanitarium.

Miss Midgely Anderson has returned to the Sanitarium accompanied by her sister Marjorie, from their home in Hutchinson, Kansas. Miss Anderson was graduated from the Sanitarium School of Domestic Science two years ago, and now returns to take up work in the School. She is very welcome to a large circle of admiring friends.

Mr. E. E. Stacey, of Indianapolis, State secretary for the Y. M. C. A., is again with us for a few days. He is having some work done for him by Dr. Byington. His genial presence always cheers us and is most welcome. Mrs. Stacey, also an old friend, is well, but may come to be with us for a while at a later date.

News Notes

On the 17th inst. the Sanitarium is to be favored with a stereopticon lecture by Mr. G. S. Phelps, traveling secretary for the Y. M. C. A., from Japan. The lecture is entitled "With the Mikado's Army in Manchuria," and is sure to be of more than ordinary interest.

Dr. H. H. Atkinson, medical missionary in Harpoot, Asiatic Turkey, left us last week with his family en route for the East. He will not reach Harpoot until October. The journey from the sea to Harpoot requires over one month of travelling over mountains and broken country. Dr. Atkinson desires to introduce Sanitarium methods into the new hospital that is being built in Harpoot, and is very desirous to obtain the services of a physician and nurse experienced in these methods.

Steps are now being taken to rebuild the Haskell Orphans' Home which was burned early last spring. The new building will not be as large as the former one, as it would not be needed with a family of the present size. There are now about thirty children in the Home who are housed comfortably in the large laundry building and a cottage near by. Under the efficient management of Elder and Mrs. Owen the Home is now self-supporting, and the children are having the very best of Christian care and instruction.

The Sanitarium School of Domestic Science and Home Economics closed its summer term a few days ago, having had a very competent class of students for the six weeks' course. The prospect for the yearly course which is to open on September 7 is very encouraging. Applications for admission are coming in, and a good attendance seems assured. A beautiful new laboratory has been fitted up for the use of this school on the first floor of the College building, and will be ready for the opening of the new term. This will be a great adjunct to the work of the School. Any who are contemplating entering this School should take up correspondence with the principal, Miss Lenna F. Cooper, Sanitarium.

The transgressors of the temperance law in Battle Creek are in a good way to find out that the way of the transgressor is hard. Detectives in the service of the county and city, as well as the Law Enforcement League, have been at work and the result is that a long list of warrants are now being served upon those who have disregarded the law. These people were abundantly warned that illegal selling of liquor would not be tolerated, and they are not likely to be shown much consideration should they be proven guilty.

THE BATTLE CREEK IDEA

(Continued from page three)

Then, here are the morning prayers. It is a good thing for us to come in and listen for a moment to the good old Book and to put our minds and hearts into a receptive mood to get an inspiration from the great, beneficent Physician. When a man is sick, if he ever gets well, it is God that heals him; and the closer we get in touch with this healing Power, the more we can expect from it. It takes no less power to heal than to create. Healing is creating. What we call Nature is not a force, but an intelligent power at work. The thing we call Nature is God at work; or rather, it is the manifestation of God's power everywhere; and there is no more wonderful manifestation of divine power, my friends, than the healing of the sick man; so we have this morning prayer season that we may turn our faces toward the great Source of light, of power, of life, and get into tune with the universe. That is the very first thing the sick man needs to do.

Then there is breakfast. Nobody should fail to be on hand at breakfast. The sick man who comes with no desire for food begins to get an appetite. Getting well is a process of reconstruction. The sick man must put off the old man of disease and put on a new man of health. The various treatments assist in getting rid of the old man and in the dining room may be found, good, wholesome, and pure material out of which to build the new man.

Then there are different kinds of treatments that fill up the hours. The breathing exercises aid the digestive process. Then the Swedish and the mechanical Swedish movements come along, together with baths, massage, electrical treatments, open air treatments, and other things. Then dinner, fresh air rides, and the school of health. Be sure to attend the school of health so that you can teach your neighbors when you go home. There is luncheon in the evening, but it is just as well to omit that, or if you do take it, take only a little fruit juice or a little stewed fruit. One can digest while he sleeps, but he can not sleep well while he is digesting. Then we have the evening lectures, the purpose of which is to show you how to keep well when you get well. People who come here come on an indeterminate sentence. This is a sort of penal institution, and the time it takes to get well depends much on the co-operation and behavior of the patient.

When a man is sick, by means of hydrotherapy and various other applications employed here, we stimulate the process of change in the body, that is naturally going on all the time in healthy people,—we simply accelerate that change; and then by supplying proper food, we furnish the right kind of material, so that as the old material goes out, the right sort of material goes in to build up the new structure.

The Wishing Well

New D. & C. Short Story Will Be Sent You Free

A school teacher goes to Mackinac on a D. & C. line steamer, a young business man from New York goes on the same boat, and they meet. Then, at Mackinac, a wishing well furnishes the scenic setting for a most interesting story. You will enjoy reading it. Send your name and address to

DETROIT & CLEVELAND NAV. CO.
Dept. E. Detroit, Mich.

THE BATTLE CREEK IDEA

Vol. II No. 37

BATTLE CREEK, MICH., AUGUST 20, 1909

Price 2 Cents



Examination of Patients

Before Undertaking to Treat a Patient
the Sanitarium Doctor Must Know
What Needs to Be Done

UPON reaching the Battle Creek Sanitarium for the first time the candidate for medical treatment is, after registration and being settled in his room, directed to the receiving med-

QUESTION BOX DEPARTMENT

EACH Monday evening Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics

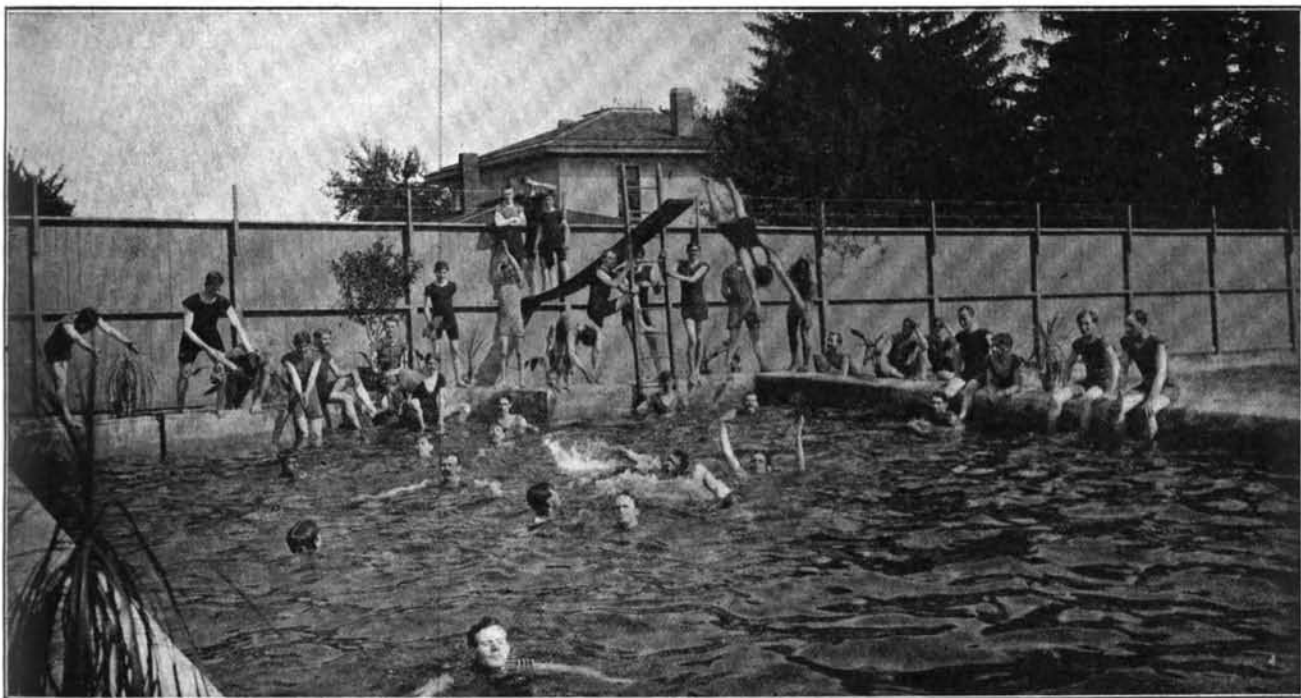
QUESTION: "Is the use of candy beneficial or otherwise?"

A. People who form the candy habit are likely to use it in very considerable quantities.

HIGH BLOOD PRESSURE: CAUSE, EFFECT, REMEDY

Dr. J. H. Kellogg Tells the Sanitarium
Guests of the Symptoms and Causes
of Apoplexy and Paralysis

AS TO the cause of high blood-pressure, I must say there are many causes. The general cause is high living—no, no; low living, wrong living, our abnormal, civilized mode of life,—



SWIMMING POOL IN THE OUTDOOR GYMNASIUM OF THE BATTLE CREEK SANITARIUM

ical office, where a brief history of his case, together with his identity and home address are taken down. The receiving physician assigns the newcomer to one of the physicians, whose specialty includes his particular case, and arrangements are made for taking the necessary preliminary examinations after a season of rest from the journey. Some restful treatment is prescribed for the day and the patient is advised to rest over the first night and become somewhat used to his new surroundings. He is assisted in this way by the kind attentions of the medical matron and others whose daily duty it is to look after the
(Continued on page six)

Several years ago an eminent European investigator made some experiments with cane sugar, and of course, whatever is true of cane sugar must be equally true of candy, and he found that ten per cent of cane sugar was highly irritating; that when a dog was given a solution of one ounce of cane sugar in ten ounces of water—that would be a heaping tablespoonful of cane sugar in two thirds of a pint of water—the stomach became irritated, like an inflamed and bloodshot eye. A stronger solution, say a twenty-five per cent solution, actually produced inflammation of the stomach. But some years ago some physiologists came for
(Continued on page three)

that is the principal cause of high blood-pressure. Many people who die at old age, die of high blood-pressure. The man who dies of apoplexy dies of high blood-pressure; one who has gradually increasing feebleness as old age comes on, finally dropping off, dies of high blood-pressure. The arteries have become narrowed, contracted, and the heart requires more force to drive the blood through in order to supply the brain and other parts with the necessary nutriment, and by and by the heart gets so weak that it is unable to continue this abnormal amount of work. When a person has high blood-pressure, his heart has to work as if he were climbing stairs all the time, and it

has to do that hard work not only while he is awake and taking exercise, but while he is asleep as well, because this condition is one that exists all the time, day and night, asleep or awake. So when a person becomes old, the feebleness is really due to the fact that the heart is tired out and fails to do its work, and can not supply the requisite amount of blood through the small arteries that have been reduced to an abnormally small size by this hardening of the blood-vessels.

In arteriosclerosis there is a thickening of the arterial wall, which becomes gradually thickened so that it may be two, three, four, or even more times thicker than normal. And by and by the arteries become so narrow that there is just a little opening. Now, of course, in order to get the same amount of blood through this narrow opening, the heart has to work with a great deal more vigor, and by and by the old heart becomes tired and weak; and finally it can no longer do its heavy work. Then the supply of blood to the brain begins to fail, and the supply of blood to every other organ begins to fail, and they shrivel and show evidences of infirmity. So, as I said, the general cause of high blood-pressure is our wrong habits of living. The thing which produces premature old age produces high blood-pressure, and I believe it produces old age by bringing about this degeneracy of the blood-vessels.

But now, a little more specifically, what are some of the conditions of civilized life which cause this condition? and what are some of the hurtful habits? Well, I think I might mention a few of the most obvious ones first. Tea and coffee, tobacco, alcohol, mustard, pepper, pepper-sauce, ginger,—all those things are unquestionably causes of arteriosclerosis; but they are not quite so universal as another cause, and that is the habit of flesh-eating. I know you are all thoroughly persuaded that I am opposed on principle to flesh-eating, and that I do not miss a chance to say so; and so I am glad that I happen to have here with me just at this moment a new authority on this subject with which to defend myself. This is an official document, issued by the United States Government. It is a part of the report of the Committee on the Conservatism of the Natural Resources which was appointed by President Roosevelt, and worked so arduously last year in getting out reports on various phases of this question. And this is the special report of the committee on "National Vitality, Its Wastes and Conservation," prepared for the National Conservation Commission, by Professor Irving Fisher, who was the chairman of that committee and a member of the commission. This report is the most important document on health that has been issued in a century. Professor Fisher drew upon the literature and statistical collections of the whole world. Under the direction of the government and at government expense, he sent a large number of experts all over the United States to get hold of facts. He sent his experts to this institution to look into everything we had here. He boiled down all the information he got from these various sources and secured a most wonderful accumulation of facts.

On the subject of "Diet and Fatigue" here is something that is very interesting: "It has long been known by physiologists that the putrefaction that takes place in the intestines is the putrefaction of protein. But only recently have they raised the question whether a reduction of the protein element of food would be feasible, and whether the resulting reduction in putrefaction and autointoxication might not be advantageous." You will see there are some other people who say autointoxication as well as myself. I think some folks have the idea that it is a kind of "swear

word" with me. I read again: "These questions are still under debate, but the trend of physiological opinion is increasingly in favor of protein reduction. Practically this means a lessening of the consumption of lean meat and eggs." Professor Chittenden discovered this truth, and he has been out here and seen it verified. Reading again: "Evidence has accumulated, though it has not yet been put in proper experimental form for absolute proof [to prove a thing to Professor Fisher means to prove it beyond the possibility of there being any question whatever about it] that autointoxication is not only an exceedingly common affection, but also the chief cause of undue fatigue."

So when you have neurasthenia and feel tired, you know what is the matter. In finishing the paragraph he shows how a practical and non-medical man reasons, and gets right at the point. "Most persons know the heavy feeling and disinclination to exertion which generally accompany constipation, and, on the other hand, the relief which comes from a complete evacuation."

"Leaving autointoxication aside, Professor Chittenden is of the opinion that waste products from combustion of protein are probably responsible for fatigue. Whatever the explanation, Professor Chittenden found in his classical experiment with a squad of soldiers that strength and endurance were increased by a reduction of the protein." Strength and endurance were increased when they left beef-steaks out entirely, and cut eggs down very low. "Thirteen soldiers were placed for six months on a diet containing a much smaller quantity of protein food that what is prescribed by ordinary diet standards and containing only one-third of what is demanded by common American usage."

And they increased in vigor and endurance as much as ninety per cent. That is worth while.

"Analysis of the diet of several hundred vegetarians shows that on the whole they are lower in protein than the average American. Comparative experiments on seventeen vegetarians and twenty-five meat-eaters in the laboratory of the University of Brussels have shown little difference in strength between the two classes, but a marked superiority of the vegetarians in point of endurance."

Endurance is the thing. Here is a man who is large and strong and vigorous, and here is another man that is not half as strong, does not look half as vigorous; but put those two men to a test of endurance or put them on meager rations for awhile, and see what happens to them. The poor, lean man comes out ahead almost every time. In nearly all conditions when men are subjected to tests of endurance, the question of strength does not come into consideration at all. You very often see an apparently frail little woman going through things and doing things that the ordinary strong man would die under. And it is because this little woman happens to have tremendous endurance. Endurance is a different quality from strength altogether. Now, the non-flesh eater has endurance, he has toughness; he can stand hard usage for a longer time than others. This was proved at the University of Brussels by scientific investigation. The average superiority of the vegetarians was fifty-three per cent. That is, they had more than half more endurance than the others had.

I read further: "The vegetarians recuperated from fatigue far more quickly than the meat-eaters. To what extent, if at all, the superiority of the vegetarians was due to vegetarianism as such, and to what extent to the fact that they made a more moderate use of

protein, can not be exactly determined, although the evidence indicates that the lower protein is the essential factor. In another experiment, comprising forty-nine subjects and contrasting those on high- and low-protein diets, it was found that the low-protein subjects had greater endurance." For proof of this, reference is made to a paper on the "Influence of Flesh-eating on Endurance," published by Professor Fisher in the *Yale Medical Journal* of March, 1907, as follows: "For instance, the test of deep-knee bending showed that whereas the high-protein subjects could seldom exceed 400 or 500 times, the low-protein men could frequently exceed 1,000, and in one case reached 2,400."

Now, it may interest you to know that the low-protein men were Battle Creek Sanitarium doctors and nurses, and that the high-protein men were Yale athletes. They were the finest athletes of Yale, selected by Professor Anderson of the Yale gymnasium. Professor Fisher subjected our doctors and nurses to three tests. One test was holding out the arms until they could hold them out straight no longer. Another test was to bend the knees—put the hands upon the hips, go down to the heels, bending the knees as much as possible, and rise up again. The other experiment was to lie upon the back and raise the legs to the verticle position, and let them down again. These movements had to be made at the rate of one every two seconds. Our first man held out his arms for fifteen or twenty minutes, and the next man for half an hour, and soon we found our men going up to an hour, and an hour and a half, and two hours, and by and by one of our men held his arms out for three hours and twenty minutes, perfectly straight.

Professor Fisher then went to Yale and told the gymnasts down there what our boys had been doing. One of their wrestlers, a powerful man, held out his arms seven minutes, when they began to shake, and in ten minutes his arms had fallen down and he could not hold them up any longer. There was not a single man of the Yale men tested who was a flesh-eater, able to hold his arms out thirty minutes. Fifteen of the best Yale men held their arms out a total of 150 minutes, an average of ten minutes each. Fifteen of the Battle Creek men, the low-protein men, held their arms out 1,400 minutes, almost ten times as long. The fifteen Battle Creek men held their arms out nine times as long as the fifteen Yale men. And when it came to the deep-knee bending test, there were very few Yale men that could get up to 200, and when it came to figures above that, I think one of them attained to a thousand, just one. Several of our men went to 1,200 and 1,500. Some of them went to 2,000, and a little later a young man only twenty years of age carried that experiment up to 5,002 continuous movements. And it may interest you to know that Professor Alonzo Stagg, of the University of Chicago, stood by his side and saw the thing done, as did also a brother of Professor Fisher, who happened to be here at the time.

Now, these tests mean something. There is certainly some significance in them. It takes endurance to fight disease and the causes of disease, just as it does to battle against fatigue. And the man who has the power of endurance or defense, so that he can endure work, endure a test upon his nerves and muscles, is hardy and can resist disease as well as fatigue.

I hope you will get a copy of this book. It tells how the average life of the people could be increased at once. If the people could be induced to co-operate, in a very short time the average period of life could be increased fif-

teen years. Think what it would mean to add fifteen years to the life of every person in the United States! It would add more than one-third to the efficiency of the people of the United States, because that fifteen years added would be the most useful years of all.

Do not let us forget that WE ARE TALKING ABOUT HIGH BLOOD-PRESSURE. It is the influence of this high-protein dietary causing putrefaction in the intestines of the undigested remnants, that is causing the trouble. The poisons formed from the undigested remnants are absorbed into the blood, and these poisons harden the arteries, and that is what makes arteriosclerosis and high blood-pressure. In hardening of the arteries, they come to feel like a whip cord; instead of collapsing between the heart beats, they remain rigid and hard. Here is a cord behind the thumb, the tendon of the thumb over here. If you should feel the radial artery of one of these boys or girls, you would not feel any artery there; you could feel the beat, but you could not feel the artery. When these arteries get hard, we find something that feels more like a rod than an artery. It is calcareous and brittle and broken; we can feel the cracks where it is broken. When a person gets to the point where he has a blood-pressure of 160 or 180, arteriosclerosis, I want to say to you, my friends, he is just upon the border of the precipice, right upon the brink, and he is likely to topple over any time, and it is important for him to get away just as quickly as he can from that dangerous place. Fortunately it is possible for him to retreat. One of the most delightful things we notice here, in connection with our work with sick people, is that these people who come here with high blood-pressure get a lower pressure within a few days.

Usually the patients who come here with high blood-pressure lower their pressure twenty points the first two weeks. I remember a lady who came here three or four years ago with a blood-pressure of 240, and I can assure you we were all happy when she went away a few months later with a blood-pressure of 124. The arteries had not yet become chalky, or it would have been too late. Very fortunately, we are able to say to most of our patients who come here with high blood-pressure, "You are still on saving ground." But first of all we must get them to turn away from the causes and meat-eating is the principal one of all; I am satisfied of that. It is the putrefactive poisons coming from the decomposition of undigested meat in the colon that is the greatest of all; it is worse than coffee poison; it is worse than beer, worse than tobacco; it is the worst of all. But suppose we put them all together. Here is a man who smokes, eats beefsteak, and drinks coffee. He is a "goner," to use a very common expression; there isn't any hope for him unless he turns square about and throws away his tobacco and his coffee and his beefsteak. They must all go, and they must stay gone, or he will himself go the way of all the earth.

QUESTION BOX

(Continued from page one)

ward and made the claim that cane sugar was food already nearly digested, and hence it was food which was likely to be of great use to the body, as, being readily assimilable and not having to go through an elaborate process of digestion; and some experiments were made upon animals. Experiments were made particularly with reference to the use of the refuse from beet sugar factories, as it was thought this might be very profitably employed in fattening cattle and horses.

Quite extensive experiments were also made in the German army, and it was found that the soldiers were much pleased, for they were given a half pound of candy each, every day. They got along very well, and it did apparently improve their marching ability; but after three or four weeks they began to have serious troubles with the stomach, serious gastric disorders, and the result was the experiment was pronounced a failure; and the experiments upon cattle, and horses, draught animals, resulted in the same way. Further experiments will I think show that sugar has a certain food value; but instead of being a superior food, it is a very inferior food. We found many years ago that persons suffering from hyperacidity, who have an excessive production of free hydrochloric acid, always suffer after eating sugar, because sugar excites the stomach still more, and causes it to form still more acid.

The idea that sugar produces fermentation of the stomach is a mistake. Cane sugar does not ferment readily. It is only in some extreme cases in which there is dilatation of the stom-

ach and retention in the stomach for a long time of the liquid contents, that we find fermentation produced by sugar; but sugar does cause the stomach to pour out an abnormal amount of acid, excites the acid formation, so it causes heartburn. Heartburn is a condition in the stomach caused by excessive formation of acid which irritates the mucous membrane of the stomach.

Q. "Is there anything in prenatal influence? Are the claims made for it correct?"

A. There is something in prenatal influence, but the claims made for it are moonshine. In other words, the theories that are presented, the popular things that are printed about prenatal influence, about a baby having a strawberry right in the middle of its forehead because its mother wanted some strawberries, is all ridiculous nonsense; there is not a word of truth in it. I know there are a dozen people here who will say they know it is true and can stand up and prove it; nevertheless there isn't any scientific evidence of the truth of such superstitions.



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VOL. II AUGUST 20, 1909 No. 37

A WATCHFUL DRIVER

SOME time since, the writer of this article was invited to take a night ride with the engineer of a heavy passenger train. People who ride comfortably in the Pullman carriages, sleeping the night hours away while being rapidly transported over the country, seldom give a thought to the vigilant men on the engine, who are every moment active and alert, working with might and strength to keep up the schedule, and at the same time to safeguard every foot of the distance from the multitude of possible dangers that may at any instant arise.

There sits the engineer, a silent, intelligent man, a man of few words but of constant thoughtfulness and careful painstaking. Lives are in his keeping, and he must make no mistakes. He must forget nothing, he must not fail to see everything on his engine and have every part of his machinery under his constant attention, from the pilot to the rear platform of his long train. He is not a man with just one idea in his head, but a man who grasps the whole situation and neglects nothing. He not only crowds his machine up to its best speed, and watches his chances to gain time, with his knowledge of the grades, but he watches the steam gauge and the water gauge, he knows that the brakes are ready and in working order. He keeps watch of the fire and nods to the fireman. Not only this, but he must see every signal along the line. The color of every lamp must be noted, signals must be noticed and unfailingly obeyed, the powerful and swift-moving machinery must be watched that nothing gives way or fails to do good work. He takes note of the coal supply, and sees that there is water in the tank. And so on with almost numberless cares, and not one of his responsibilities can be neglected. Everything about his work is vital and must be attended to all the time.

Should he become a one-idea man and seek only to make time, giving all his attention to speeding his train, running past stations, forgetting the schedule, the signals, and the fuel and the water, and the oil, and all the other things, he would soon come to grief, and there would be a terrible catastrophe.

At the end of my ride I climbed down at a water tank, and went back to my comfortable berth with a new appreciation of the man at the throttle, the man behind the head-light.

We are all engineers, after all. We are in charge of a machine, not so ponderous as a locomotive, but far more intricate and valuable, and more important. We are in charge of a life and a body that requires the most constant and painstaking care. There are the

food supply, the rest periods that are necessary, the regulation of speed and work, the care of the various parts of the machine, the danger signals along the line, the time schedule, and pretty well the same list of responsibilities as our friend the engine driver has.

But we see men and women with whom speed seems to be the only consideration. They are running away ahead of the schedule. They are sixty years old when they should be but forty, and even worse than that. Their machinery is old and decrepit, the joints are loose, the boiler weak and dangerously near exploding, the fires are too hot, and energy and steam are going to waste. Like a good many of the automobile drivers nowadays their only thought is speed. Safety is of no consideration, either their own or that of those around them.

Be admonished, friend! Slow down your pace, and take more time to attend to the real business of life. Take time to enjoy the society of loved ones. Live at a lower pressure, and take better care of the machine. Many are the prematurely worn-out human engines that are brought to the Sanitarium for repairs and rebuilding. "Never thought I had a stomach!" Perhaps not, but you had one all the same. It is a shame for a person not to know that he has a stomach, liver, blood, brains, nerves, and that these need food of the best quality, and good care right along in order that they may do the very best of service.

The best of engines with good care go to the scrap-heap in a few years, but our machines are built for at least an eight-score-year run, and we may just as well have an enjoyable, profitable, and satisfactory service from our bodies as to go along crippled up and out of order all through life. It is a pleasure to see our friends at the Sanitarium, but we wish they might all come to us, as, indeed, many of our old friends do return, in the bloom of health. All we need to do is to be watchful and thoughtful of our own interests and duties. Just take a ride with the engineer some night and see how he does it.

On Thursday night a large audience gathered in the front drive to listen to the open-air concert, followed by a lecture on the cigarette. The lecture was illustrated by stereopticon views showing reports of cigarette smokers and also the effects on the tissues as demonstrated by science. After the lecture quite a number of adults and several boys voluntarily expressed themselves as determined not only to abstain from the use of the cigarette, but to encourage all others to do the same.

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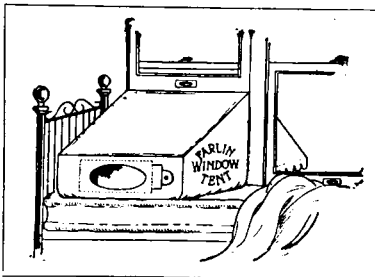
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Domestic Science

By RUTH C. TENNEY

Instructor Sanitarium Cooking School

PIES

IN studying to perfect the menu it seems almost impossible to introduce pies. The very thought of pastry suggests dyspepsia. It is the large amount of free fat which saturates the flour that makes pastry indigestible. The starch or flour should be digested before it leaves the stomach. But when it is surrounded by fat, which is never digested until after it leaves the stomach, it must go undigested or else remain, filling the system with the results of putrefaction.

If pies are used they should be made as simply as possible. Use fruits for the fillings and serve small portions. It has been found that perfectly baked bread served with fresh fruits will so take the place of pastry that the omission will not be noticed, except that the health will be greatly improved.

The following recipe is highly recommended. Perhaps the first time it is made it will not be entirely successful. A great deal depends upon the dexterity with which the crust is made:

LEMON PIE

- 1 cup boiling water.
- 1-3 cup lemon juice.
- $\frac{1}{4}$ cup sugar.
- 3 egg yolks.
- 3 tablespoons corn starch.
- 2 tablespoons cold water.
- Grated rind of $\frac{1}{2}$ lemon.
- 1 egg white.
- 1 tablespoon butter.

Beat the yolks of the eggs and the egg white until light. Dissolve the sugar in the boiling water and stir into it the corn starch, moistened with the cold water. When thickened, set in a double boiler and cook twenty minutes.

Add the butter, lemon juice and rind and the beaten eggs. Turn into a partially baked crust and bake until set.

Make a meringue of—

- 2 egg whites
- 2 tablespoons powdered sugar.

Bake in a moderate oven until the meringue is a delicate brown.

After the filling is made, prepare the crust as follows:

GRANOLA CRUST

- 1 cup granola.
- 5-8 cup cream.

Oil the pie tin. Mix the granola and cream and shape in the pan as quickly as possible with a spoon. Make the edge resemble that of any crust. Pour into this the lemon filling, put in the oven to set. Make the meringue and pile it on the pie according to directions.

Granola is a breakfast food prepared by the Kellogg Food Company.

DATE CREAM PIE

- $\frac{1}{2}$ pound dates.
- 2 eggs.
- 1 pint milk.

Stone and stew dates in a small amount of water. When tender and quite dry, put through a colander to remove skins. Heat the milk to scalding and add to the dates. Beat the eggs slightly and add to the mixture. Bake in a single crust made as follows:

NUT MEAL CRUST

- $1\frac{1}{2}$ cups pastry flour.
- 1 cup Nut Meal.
- $\frac{3}{4}$ cup cream.

Mix the flour and Nut Meal together. Add the cream, a small portion at a time, stirring

meanwhile, thus forming small masses. When all the cream is used up, pick up these masses, press together and roll out. Bake until set. Serve with a meringue if desired.

"It is often said that avoidable sickness is a sin. It is a sin and the herald of twenty more. It is difficult for a man or woman to fight Satan and dyspepsia at the same time."

"Health is a harvest. It must be worked for. The seeds must be sown and carefully tended. There must be persistence in the tilling and patience in the waiting and vigor in the gathering."

PERSONALS

J. M. Thayer, of Norwich, Conn., a prominent attorney, is among last week's arrivals.

John M. Dickey, of Augusta, Ga., is among the recent arrivals from the South.

Bishop E. W. Lampton, of Greenville, Miss., is stopping at the Sanitarium for a few weeks.

Wm. Kerran, of Owosso, Mich., has returned to the Sanitarium for further rest and treatment.

Rev. J. H. Cooke, of Reedsville, Wis., pastor of the Lutheran church, is taking a course of treatment at the Sanitarium.

Rev. W. H. Hubbard, of Chicago, Ill., pastor of the Baptist church, is resting at the institution.

Mrs. J. F. Ohl, of Chicago, Ill., is visiting her mother, Mrs. Boman, who is a patient in the institution.

Mrs. W. R. Bane and daughter, Hazel, of Fairburg, Ill., are again with us, taking rest and treatment.

Mr. Burt C. Kirkland, of the Sanitarium Pharmacy, has returned from an extended trip through the West.

Mrs. Minnie Emmons and Miss Ruby Ketcham left last week to join Dr. Geisel in her Chautauqua tour through Illinois and Missouri.

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EXAMINATION OF PATIENTS

(Continued from page one)

comfort and welfare of the guests. He learns the way to the dining-room and is assigned a seat at the table. He gets acquainted with the clerks at the desk, takes a peep into the gymnasium, and perhaps listens to a lecture in the parlor, and then retires to enjoy a good comfortable sleep.

In the morning he feels quite at home and meets many kind faces, and finds that he is surrounded by many people like himself, away from home and seeking for better health. He perhaps sounds some of these older patients for their impressions, and is far more than likely to be cheerfully encouraged by what he hears and sees. After breakfast he meets his physician, who makes a careful physical examination and determines what special examinations will be necessary in order that an accurate diagnosis may be made, so that he can intelligently proceed with the case. If the case is one of gastric trouble, a test breakfast will be required. A small quantity of food is eaten some time before the regular breakfast, and after an hour is withdrawn from the stomach and the contents of the stomach are taken to the gastric laboratory where the most careful and minute analysis is made by various tests, and a chart of the various elements found in the stomach juices is worked out and sent to the physician. The patient is also furnished with a copy so that he may understand his own difficulty and the efforts that are to be made in his behalf. A drop of his blood is taken to the blood-analyst who makes a very careful count of the various corpuscles, and notes other substances that may perchance be found there. The quality of the blood as to color, specific gravity, etc., are also noted, and the report is also furnished to both the doctor and the patient. If indications call for it, the sputum is examined in the same painstaking manner. Samples of the urine and feces are probably taken, and these, too, are analyzed chemically and microscopically, and extensive charts are made showing the exact state of the work that is being done by the digestive organs and other vital processes.

The weight of the patient is carefully taken and recorded, and each Wednesday is "weigh-day," when the weight is again taken and recorded. The dynamometer or strength-testing machine is a very unique and ingenious machine by which the strength of each set of muscles is taken and made a matter of record. The heart and lungs are also examined and tested as to strength, capacity, and regular action.

There are other tests and examinations made in special cases of special organs, such as the nervous system or parts of it, the teeth, the mouth, the skin,—in fact, nothing is undertaken empirically. The laboratories of the Battle Creek Sanitarium are very extensive and complete. Constant and careful search is con-

stantly being made to discover the best conditions of health and strength and to detect the foes of life and health. The food supply, the milk, and the water are constantly under the scrutiny of skillful and watchful guardians. And experiments as to the most efficient feeding and care of the body are being conducted upon the able-bodied young men who compose our medical and preparatory classes.

It will be seen at once that when the physician is supplied with all these data he is as intelligent as to the condition of his patient as he needs to be. By a comparatively new process the opsonic index of the blood is taken by which is ascertained the power of the blood and consequently of the patient to resist and overcome disease. By this means the doctor has a good idea as to the recuperative power of his patient, and as to what measures must be taken to increase his power of resistance. The taking of the blood-pressure shows the condition of the arteries and of the circulatory system.

Not in every case is it necessary to go through the entire gamut of examinations. The symptoms are frequently sufficient to indicate the general character of the trouble and that it is of local rather than general character. But symptoms are used only as indicators or pointers, and not as final evidence. This must be drawn from actual knowledge. This is a very great step in advance of the old days of experimentation, when symptoms were the only guide in diagnosis, and they might indicate a very wide field of possible troubles.

Then, to indicate progress in recovery, from time to time these tests may be repeated and thus definite knowledge of progress is obtained, to the satisfaction of both the doctor and the patient. In this method the treatment of disease becomes a perfectly intelligible process, as the building of a house or the painting of a picture.

"To become provoked when things go wrong is to cause them to go still worse."

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MUSKOKA WHARF or PENETANG and Return,	\$5.00
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-- VIA --

The Grand Trunk Railway System

THURSDAY, AUGUST 26, 1909

Tickets on sale for all trains of above date. Return limit, September 9. Please ask for descriptive booklets. L. J. BUSH, Passenger Agent.

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ANNUAL EXCURSION

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Agricultural College, Lansing, Mich.

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Tickets on sale for morning trains of Monday, August 23, '09. Good for return on evening trains. Please ask for any particulars.

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217 MAIN STREET WEST,**Opposite McCamly Park****SUNDAY EXCURSION, - August 22, 1909**

- VIA -

Grand Trunk Railway System**Detroit, Mich., and return, \$1.75 Lansing and return, 70c.
Saginaw or Bay City and Return, \$1.65**

Special train leaves at 6:10 a.m., returning same day. One and one-half fare to intermediate points where train is scheduled to stop. Please ask for full information. L. J. BUSH, Pass. Agt. Phones: Bell, 169; Citiz., 1109.

ARRIVALS

THE following is the list of arrivals at the Battle Creek Sanitarium for the week ending August 16: Mrs. B. O. McGee, Miss; G. Ford and wife, N. Y.; John M. Thayer, Conn.; Miss M. Ramson and mother, Ohio; Mrs. John M. Wheeler, Ohio; Geo. W. Wilson, Mont.; F. C. Dolph, Mo.; Eugenia Z. Brown, Ohio; Wm. Kirn, Mich.; Miss Edna Hatfield, Ill.; Wm. Branyan, Ohio; R. B. Pierce, Calif.; E. O. Bender, Ind.; A. W. Lautz, Ariz.; Lulu Shinkle, Helen Stoneker, and Mrs. C. E. Ketterer and child, Ohio; Mrs. N. Rotsen and nurse, Mich.; Mrs. M. Dunkomb, Mo.; G. H. Charles, wife and daughter, Ohio; O. O. Allison, wife and two daughters, W. Va.; Drs. Lottie A. Cort and Jennie Baker, N. Y.; T. B. Gotham, W. Va.; Mrs. T. C. McClure, N. Y.; Mrs. W. H. Sonfield, Tenn.; J. B. Siman, wife and son, Ark.; W. M. Hill, Ga.; Mrs. Sterling Myer, Tex.; Mrs. J. C. Hoover, Ky.; Mr. and Mrs. John L. Walker, Ohio; F. D. Goran, Ohio; H. T. Hubbard and wife, Ill.; Mr. and Mrs. Joe Powell, Tex.; Austin A. Hay, Ohio; Miss Eleanor McClure, N. Y.; S. H. Britton, Ga.; Mrs. H. V. and M. E. W. Smith, Miss.; Olive Howell, Ind.; G. F. Jarepon, Mich.; Miss Hattie Bryant, Tenn.; H. J. Shodan, Ill.; Mrs. Leopold Leby, Ind.; F. G. Filch, Ind.; J. H. Schaumleffel, Ind.; W. T. Livingston and wife, W. Va.; F. Fehldtere and daughter, Ia.; Mr. and Mrs. W. H. Clanner, Mich.; J. S. Constant, Ill.; Chas. S. Levi, Ill.; Miss Mittie May, Ky.; Mrs. H. C. McBride, Ill.; H. G. McConaughy, Ia.; Mrs. J. W. Smock, Fla.; Mrs. McC. Goode, Ky.; R. R. Powell, Tenn.; Mr. and Mrs. H. E. Platt, Pa.; Master H. E. Platt, Jr., Pa.; D. J. Leahy, Ill.; A. A. Grief, Porto Rico; R. W. Millsops, Miss.; E. S. Lynden and Oscar, Ga.; Frank Dunason and wife, Ala.; Dr. C. C. Denny and wife, Calif.; M. Rosenblatt, Ill.; Geo. A. Peters, Mo.; Gus. A. Numan, Ill.; F. H. Bentz, Ind.; J. I. Brody, Ia.; John M. Dickey, Ga.; Mrs. Mary S. Paisal, Ill.; Mrs. M. L. Yeazel, Ill.; F. G. Barrows, Minn.; J. A. Jones, N. Y.; Harriet Scott, Ill.; D. V. McGresor, Ont.; Mr. and Mrs. J. M. Patterson, Pa.; Wm. Bernard, Mo.; Mrs. John W. Green, Ga.; Mrs. Perry Roberts, La.; Mrs. J. J. Huston, Pa.; Mrs. Clarence N. Blowers, Ill.; Mrs. J. Sampson and family, Tenn.; Mr. and Mrs. M. J. Wallace, Tex.; Wm. C. Griffithy, wife and baby, Mo.; Adolph Altermott, Minn.; H. H. Hirsch, Ga.;

Samuel Schiffer, Ia.; Mrs. J. T. Robinson, O.; Mrs. G. W. Gordon, Tenn.; Mrs. E. E. Chase, Canada; Rev. N. H. Hubbard, N. Y.; A. Barrows and wife, Mich.; Mrs. S. P. Wetherbe, Ill.; W. B. Skinner and son, Okla.; Eda and Doris Eyesenbach, Ohio; Mr. and Mrs. W. Z. Stuart, Wis.; Frank Ricketts and wife, Ill.; Anna Griffin, Ill.; J. D. Bouford and wife, Ill.; L. B. Tuasing, Ohio; Miss Watterman, Ohio; Belle Kilpatrick, Ohio; Mrs. E. N. Mathews, Ia.; Mrs. Geo. W. Goulow, Tenn.; E. W. Heutting, W. Va.; Fanny L. Vinning, Ky.; P. S. Sawgrove, La.; B. O. McEu, Miss.; Camille

McEu, Miss.; Julius L. Strous, Ill.; Rev. C. B. Witherell, Tex.; Mittie N. Thompson, Tex.; Hettie A. Cathels, Ky.; Geraldine D. Cathels, Ky.; Basil Ralston, Minn.; M. A. Conover, Calif.; Smith H. Latta, Ill.; H. N. Peek, Mich.; Mrs. G. W. Dunn, Dudley and Cooper, Tenn.; Mr. and Mrs. Jno. Mitekle, Mo.; Harry Diamond, Pa.; Mrs. J. F. Ohe, Ill.; H. Dugan, Ill.; R. D. Risser, Ohio; Elizabeth Risser and Catharine Strickland, Ohio; W. Z. Magunson, Mich.; Mrs. R. O. Byers, Canada; Frank, Mrs. Louise and Alice Hummel, Ohio; Henry L. Browning, Ind.; J. M. Appel, Ill.; Geo. Bergland, Ill.; Mrs. W. R. Bane and daughter, Ill.; Mrs. Jas. Small, Ind.; O. T. Mason, Ill.; Mrs. R. J. Ozias and daughter, Ohio; G. W. Chapman, Ohio; V. C. Moore, N. Y.; Mr. and Mrs. A. S. Hamilton, N. Y.; Abbie W. Johnson, Ohio; Mrs. Geo. A. Peters, Mo.; L. J. Mouks, Ind.; F. Strauss, Wis.; J. H. Carmolly and wife, Ill.; J. M. B. Christopher, Ohio; Mrs. J. G. Simmons, Ga.; Wm. F. Moats and Charles, Ohio; R. H. Lyle, Tenn.; R. B. Best, Jr., Miss.; Mr. and Mrs. A. C. Webble and son, Ind.; Chas. Underwood, Ind.; C. B. Stephenson, Ind.; Benj. Frey and wife, Wis.; Elsie Webster, Mich.; M. Hale, Mich.; A. E. Moore and wife, Conn.; J. M. Grimms, Ia.; Hugh Daly, Ill.; C. A. Parker, Ind.; R. S. Nichols, Mich.; Kate F. Guthrie, Tenn.

"No matter how well you care for the body, how strictly you may observe sanitary and hygienic rules, if you allow yourself to become angry, to worry, and fret, and scold, to indulge in jealousy, or envy, or hate, you will simply destroy the good effect of everything you may do for your body; for the mind reacts upon the body and reflects itself through the physical organism."

**TWO COURSES IN DOMESTIC SCIENCE**

The One-Year Course, intended especially for Matrons and Housekeepers or for those who desire it for its educational value, includes General Cookery, Invalid Cookery Institutional Cookery and Practice Cookery, Anatomy and Physiology, Household Chemistry, Home Nursing, Household Microscopy, Household Microscopy, Household Economics and Architecture, Sewing, Medical Dietetics, Theory, Table Service, Physical Culture, etc.

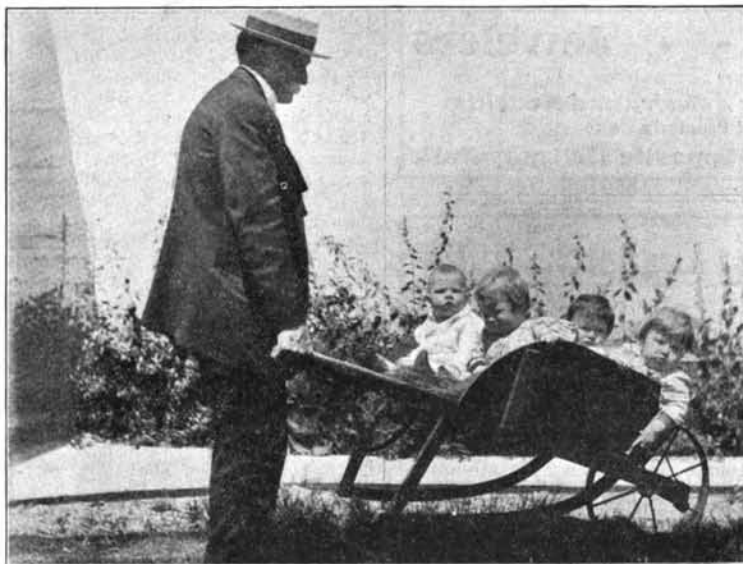
The Two-Year or professional course, intended especially for Dietitians, Lecturers, and Demonstrators, includes all the studies of the one-year course, and in addition Advanced Chemistry, Advanced Physiology, Sanitary Science, Bacteriology, and Hygiene, and Advanced English.

ONE SPECIAL FEATURE of this school is that students are given an opportunity to meet a large part of their expenses by work along lines which aid them in their studies.

Fall term begins Sept. 7, 1909. For particulars apply to—

**The Battle Creek Sanitarium School
of Health and Household Economics**

**BATTLE CREEK
MICHIGAN**



NOTES FROM THE BETHESDA MATERNITY HOME

THE following communication from Doctor Leake, superintendent of the above Home, has been handed in at our request. Accompanying the article is the picture of Mr. L. C. Leake, who shares in the care of the Home, taking his automobile ride. Surely all will agree that these are as lovable children as are to be found anywhere:

Nearly two years ago the Bethesda Maternity Home for unfortunate girls was formally opened on Hubbard Street, just north of the

Haskell Home, and at once received some who were seeking the shelter of such a place. The Home has never been without occupants since. Its short history has brought a wonderful experience to the writer and others immediately connected. The close mingling of joy and sorrow,—the joy of innocent, untarnished babyhood, and the sore distress of disappointed and ruined girlhood. These poor girls are justly called "unfortunate girls," for, indeed, they are miserably unfortunate. Robbed of innocence, virtue and pure womanhood, they are abandoned by the one who caused their downfall and left to bear their weight of sorrow

alone. It is the purpose of this Home to help these poor girls to rise above discouragement and redeem the past by becoming upright and useful women. And the poor little babies, what are we to do with them, born under unfortunate circumstances through no choice of their own? Are they to be cast out as undesirable? God forbid! There have been about twenty infants born at the Home, all healthy, perfect, without blemish physically, and just as bright, beautiful, and lovable children as are to be found anywhere. Ten of these little ones have found permanent homes in good families, who love them as their own. It is a bitter cup for the mother to drink when she decides to give up her offspring, but she seeks the good of the child above her own. About six of the mothers decided to keep their children, and shouldering their new responsibility, enter the struggle with a determination to win.

Here is an opportunity for all good people to help. Our finances are always being depleted and need replenishing. Who will help us? Then there are many empty childless homes where an infant would be a sunbeam of joy to some where love is becoming as dying embers on the hearthstone. Truly "a babe in the house is a wellspring of pleasure."

We thank all who have kindly helped us in the past, and may God bless all who have it in their hearts to aid this good work.

RUTH BRYANT LEAKE, M. D.

The attendance at the Sunshine Club is steadily increasing and quite a number are greatly appreciating the help which they derive from this club. The class for new patients, in which they receive general instruction in regard to Sanitarium methods and principles, is also well attended and greatly appreciated.

BATTLE CREEK SANITARIUM SCHOOL OF PHYSICAL EDUCATION

Special Summer Course now in Session, until September 10th, 1909

The Board of Directors of the Battle Creek Sanitarium have organized this school in order to crystalize the work in Scientific Massage, Swedish Gymnastics, Manual Movements, and general educational work along the lines of right living. This work has been carried on continuously for more than thirty years in connection with the gymnasium, lecture and class work for the patients, nurses, students, and general help of the Battle Creek Sanitarium. The summer course is especially adapted to the convenience of teachers, university students, and others desiring a change of vocation and rest, while at the same time earning their expenses and pursuing a profitable course of study.

The following subjects are given: ANATOMY, HISTOLOGY, PHYSIOLOGY and HYGIENE, HYDROTHERAPY, MASSAGE, FIRST AID and EMERGENCY NURSING, DIETETICS, PHYSICAL DIAGNOSIS and ANTHROPOMETRY, GYMNASIAC NOMENCLATURE and TACTICS, GENERAL GYMNASIACS and MARCHING, MAT WORK and TUMBLING, APPARATUS WORK, WRESTLING and FENCING, CORRECTIVE EXERCISES and MANUAL SWEDISH MOVEMENTS, and ATHLETICS and FIELD WORK.

The tuition for the ten weeks' course is \$20.00. By working from three to six hours a day, each student will be able to pay practically all of his running expenses. An opportunity for such work will be offered in the various departments of the Sanitarium.

The regular school year opens October first, and running to June first, nineteen ten.

Any who are interested will be sent illustrated announcement with further details on request. Address,

The Battle Creek Sanitarium School of Physical Education
BATTLE CREEK, MICHIGAN

THE BATTLE CREEK IDEA

Vol. II No. 38

BATTLE CREEK, MICH., AUGUST 27, 1909

Price 2 Cents

Social Life in the Sanitarium

How the Guests and Patients of the
Institution Spend Their
Leisure Hours

THE thought of being separated from home and its endearments is always a very serious obstacle to those who from any cause are called upon to depart for a time from the home circle.

QUESTION BOX DEPARTMENT

EACH Monday evening Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics

Q. "KINDLY explain why sudden transitions from heat to cold and the reverse are so beneficial."

A. The benefit derived from hydropathic treat-

FASTING FOR HEALTH A QUESTIONABLE PRACTICE

A Recent Death From Fasting. Lecture
Delivered by Dr. J. H. Kellogg Aug. 9, 1909

FASTING is starvation. If one does not eat, he will certainly die, because when he ceases to eat, he feeds upon himself. The food we eat is fuel, and the body is a furnace



Sanitarium Main Parlor

People who are ill are especially attached to home and very loth to leave it for a sojourn among strangers. And often their uneasiness and worry about home is a very great detriment to their recovery. The managers of the Battle Creek Sanitarium have fully anticipated this fact and have therefore taken great precautions to prevent the inroads of that old-fashioned but often dangerous disease, called home-sickness, among their patients. Of itself it is a formidable obstacle to progress and success in any state of life, but as an ally to some other diseased condition it is a thing to be prevented by all means.

The method adopted here is to make the Sanitarium life just as home-like as possible. The cold business-like manners of the hotel are avoided, and the stiff and conventional ways of popular pleasure resorts are not encouraged.

(Continued on page seven.)

ment is chiefly due to what is called reaction. It is the nervous effect. When cold is applied to the face, it causes contraction of the blood-vessels of the skin of the face, and at the same moment contraction of the blood-vessels of the brain. Restricting the blood-vessels of the brain relieves the brain of the surplus of blood, and the brain is cooled reflexly. Every organ of the body is connected with the skin in the same way. There are nerves which run from the brain to the face. We recognize it in the very expressions of the face. When a person feels ugly, you know it by his face. When a person feels happy and pleasant you know it by his face, because there are nerves connected with the brain, which are connected with the little muscles attached to the skin, which pull the skin around into various shapes so as to make it conform to the various changes.

(Continued on page five)

in which the fuel is burning all the time. A pound of bread eaten and consumed in the body makes as much heat as though that bread were put into a stove and burned there. Suppose you did not eat the bread; what would happen? You weigh yourself to-day, go without food, then weigh yourself to-morrow, and you will find that you have lost a pound or more. The body loses one-eightieth of its weight every day during fasting. If one weighs 160 pounds at the beginning of his fast, he will lose two pounds a day every day that he goes without food. That is the rate at which the body burns itself, if other fuel is not provided. So, though we do not eat, the body goes right on eating—feeding upon itself. So when one is fasting he is consuming his own flesh, and day after day he grows lighter and lighter, as his body is consumed.

The first thing to be consumed is the sugar

that is in the system. A man has from half a pound to a pound of sugar stored up in his liver and in his muscles, and in the course of twenty-four to forty-eight hours, that sugar is all eaten up. The sugar is burned first, then the fat, and then the muscles and nerves. Last of all comes the brain. This has been found to be the order in which the body is burned up in fasting.

It is exactly like a fuel famine in the house. You have burned up all the fuel there is in the fuel box, and then what do you do? You go out to the ash pile and sift it all over again and get out the unburned cinders and burn them. When the cinders are gone, you look around for dry-goods boxes, barrels, etc., and you burn them up; and when they are gone, you hunt up some old furniture that is pretty badly worn out and burn that. When the furniture is gone, you begin to take some of the wainscoting off, perhaps tear the casings off the windows and the doors and burn them, so that you will not freeze to death. In other words, you attack the house itself. Now, that is exactly what the body does when you fast. If you should go on tearing the walls, by and by the roof would fall in, and the end would be the same as though your house had caught on fire and burned up—it would be totally destroyed.

It is just as necessary for us to obey that law which says, "Thou shalt eat," as to obey the law which says, "Thou shalt drink water." There are instinctive laws within us that command us to do those things, and if we neglect to do them, we shall suffer dire consequences. When you are thirsty, that is the divine voice speaking to you to reach out and take water and drink of it; and when you are hungry, that is a divine voice saying to you to eat and live—the bounties which heaven has provided us to save life. And so when we feel the sensation of a need of air, that is a divine voice telling us to breathe; and to resist any of these instincts is a very unwise thing—I might say an immoral thing. You have no more right to say, "No matter how thirsty I am, I will not drink for a couple of days," than you have to steal. In doing so, you are disobeying a command of God that tells you to drink, because you need water; and when a voice speaks to us telling us that we should eat food, when we feel an appetite calling for food, that is a divine instinct, a divine law which is a command to us to eat; and we have no right to refuse to do it, because there is One who is a great deal wiser than we are who has charge of our bodies. The Maker of the temple in which we live presides in it and is directing it and protecting it all the time. A thousand things are being done, every moment of our lives, to keep us in life. If any of those things should cease to be done, we should die at once. It takes the same power to keep a man alive that it did to make that man; and when the divine voice speaks to us and tells us what to do, it is our duty to do it.

There has somehow come down through the ages an idea that fasting is a virtue; that it is a divinely blessed thing to fast; that by fasting and abusing our bodies, we are courting favor with the Almighty. But I want to tell you that there never was a greater heresy than that. If you don't think I am right, I invite you to read the 58th chapter of Isaiah. "Wherefore have we fasted, say they, and thou seest not? Wherefore have we afflicted our soul, and thou takest no knowledge? Behold, ye shall not fast as ye do this day. . . . Is not this the fast that I have chosen? . . . Is it not to deal thy bread to the hungry?" Thus, the fasting which Heaven approves of is not going hungry, but it is to share one's blessings with those who have nothing. That is divine fasting. The idea that to weaken the body will bring a great blessing to us, either morally or physically, is a serious error.

"But," you say, "have not people been benefited by fasting?" Most assuredly people have been benefited by fasting. Here is a house in which the housekeeping has been so badly done that it has gotten into great disorder; there are heaps of dirt lying all about, the coal scuttle has been emptied in the parlor, and lots of ashes and cinders are lying underneath the piano, waste paper and rubbish are all over the house. A fuel famine would be the best thing in the world for that house. The people would gather up the dirt, put it on the fire and burn it up, and if they kept on long enough, the house would be cleaned up. So it would be a great blessing to that house to have a fuel famine.

And some people are in a similar condition. If you have been for years swallowing all sorts of food, and some things that were not food at all and never were intended to be swallowed, it would be well to have a house-cleaning. A certain senator in Chicago confessed that as nearly he could calculate, he had eaten eighty-six wagonloads more than he ought to have eaten in the course of his lifetime. He must have been most of this time in a condition where a fuel famine would have done him good, where fasting for a day or a couple of days, long enough to burn up the rubbish, would have been a good thing for him. But he learned to fletcherize, and ate less food, and that was just what he needed. Of course, there are conditions where the stomach can not digest and needs a rest, just as when a joint has been disabled, it needs a rest. But the body has the power to do a great deal of renovating in a short time.

Suppose, for example, a man has been eating beefsteak and has not eliminated the uric acid for a whole year. His kidneys have been overworked all the while, and he has accumulated ten grains of uric acid for every pound of beefsteak he has eaten. Beefsteak and uric acid are almost synonymous with me. There are fourteen grains of uric acid in a pound of beefsteak, so there may be ten grains of uric acid left in the body every day. In a year, that would amount to 3,650 grains, which is practically half a pound, so a man in a year could store up half a pound of uric acid. Now, perhaps this man, when he realizes his condition, says, "Well, I have got so much uric acid in me I think I will take a fast," so he takes a fast, and reduces his weight, in the course of twenty-five days or so, forty or fifty pounds. In other words, he throws away forty pounds of good flesh in order to get rid of half a pound of uric acid. It is the half pound of uric acid he wants to get rid of, and not that good flesh, unless he has too much of it. He does not want to get rid of good muscles; he does not want to get rid of any of his nerves, might store up half a pound of uric acid. Now, he wants more nerve energy and better nerves, but he does not want to burn them up. The question is whether he could not have gotten rid of that half pound of uric acid in a less expensive way.

This fasting to get rid of bodily impurities reminds me of the story of the origin of the roast pig, in which some wit ascribed it to an accidental conflagration. A Chinaman had his house burned up. The Chinaman's pig lived in the same house and was burned up too. When the man was looking through the embers, he accidentally got his finger into that roast pig, and it burned his fingers, and he put them into his mouth to ease the pain, and thus discovered the delicious flavor of roast pig. He said to himself, "Well, that is delicious; I never tasted anything so nice before." So he gathered his friends in and they had a great feast on that roast pig. After awhile they wanted another roast pig. So they proceeded to build a house, put the pig in it, and set the house afire, that they might have another banquet. So that went

on for years—burning the house with a pig in it whenever they wanted a roast pig.

Now, that is exactly what the man does who fasts in order to get rid of uric acid. If that were the only way, it might be tolerable, but there is a more excellent and scientific way.

The food elements are carbohydrates, fats, and protein. The waste that we want to get rid of is not the carbohydrates, it is not the fat, but it is the protein in our bodies which is only partly burned, which is in a state of partial oxidation, and is a poisonous substance, that we want to get rid of. To do this, it is not necessary to starve ourselves for want of carbohydrates; it is not necessary to deprive ourselves of fat. It is only necessary that we should reduce the amount of protein. So what a man really wants who is supposed to need a fast, when he has a good stomach and there is no real reason for his fasting except to clear the impurities out of his body—what he needs is a protein fast, because protein represents the waste matters that he does not want. So if the protein is cut down to the point where he takes less each day than he needs, there will be a fuel famine so far as the protein is concerned, and the system will quickly gather up these unburned portions of protein, which contain the uric acid, and the tissues will soon be cleaned. That is the reason why the empirical doctors of Switzerland two or three centuries ago had such wonderful success with the grape cure. Grapes contain practically no protein. They have carbohydrates, but no fat and practically no protein; so the grape cure has been from time immemorial wonderfully successful in helping those suffering from biliousness and auto-intoxication. The peach cure and the apple cure are just as satisfactory and successful; and Linnæus, the great botanist, tells us of the efficiency of the cherry cure. Nearly all fruits may be used as a means of protein fasting; and this sort of fasting is just as successful as any system of fasting or complete deprivation of food, and has the advantage that it is absolutely safe.

Now, the question is asked, Is fasting dangerous? Of course, it is dangerous if a faster fasts long enough so that the living house is attacked, so that the vital portions, the pillars which support the house, are burned. I may just mention a circumstance that happened recently. A gentleman came into my office the other day and said to me, "Doctor, I want to fast; if I can not fast here, then I am going where I can fast." I said, "What do you want to fast for?" "Why," he replied, "I want to get rid of the impurities in my system, and I want to take a short cut. I want to get healthy; I want to get well quick, and if I can get well in two weeks by fasting, I am ready to do it, I want to do it."

"Well," said I, "suppose some one should come along and say to you, 'My friend, how would you like a thousand bushels of corn?'"

"I should like it very much, corn is bringing a good price now."

"Now, if I could show you how to raise a crop of corn in two weeks, what would you give me?"

"Well, I would be willing to pay most any price; but you can not raise a crop of corn in two weeks."

"And no more can you be cured of an old, chronic, long-standing disease in which the body has become perverted and has grown out of shape, in which the liver has gone wrong, and the kidneys are wrong, and every organ of the body has grown into a disordered state,—no more is it possible to cure that body, to bring it back to a normal condition in two weeks, than it is to raise a crop of corn in two weeks; it can not be done."

We have got to get back to the original condition by reconstruction by growth, exactly as

you raise a crop of corn. It is the operation of natural law, natural principles at work, God himself at work, and we can not hurry it. All we can do is to get obstacles out of the way and co-operate and help, so there will be nothing in the way of nature.

Perhaps there is a little biliousness, some poisons in the alimentary canal, a little stasis of the colon. If that is cleared out, and the source of the poisoning removed, the body usually will soon right itself, and what few poisons are left in the tissues will be quickly washed out. A little more water swallowed, a few sweating baths, a little more sunshine, a little hastening of the circulation, and the poisons eliminated, and the patient then begins to build up on a good, sound basis.

Last evening, one of my colleagues brought me word that a patient who was with us suffering from obesity, had a fatty heart, but was getting along very nicely, finally said, "I am going to take a fast, 'I believe fasting is what I need'; and his doctor, said to him, 'Why, my friend, a fast will kill you, because you have a weak heart, you have fatty degeneration of the heart now, and a fast will still further weaken your heart. You must not do it. It is a dangerous thing for you.'" "Well, I am going away, then; if I can't fast here, I am going away." So he went away. He didn't go very far, but to-day it is announced that he is dead. He fasted twenty-seven days and died.

The purpose of my telling this is not to frighten anybody or to do anybody any injury in any way, but simply to impress upon your minds the truth of what I have been saying to you. Fasting is all right when we keep within physiologic laws and principles; but when we go to tearing the house down over our heads, go to setting the house afire and burning it up, we are doing violence to this beautiful edifice God has given us to dwell in.

This same thing has happened more than once before. I know of a patient's fasting four weeks, waiting for an appetite and for the tongue to clear off. The tongue did not clear off. The appetite did not come. The patient died. Post mortem examination showed no cause for death except starvation. No person should ever undertake a fast without the most careful medical supervision. By careful examination of the urine it is possible to tell the point at which the waste products and residual tissue have been consumed and the attack upon the living tissues begins. A fast ought always to stop at this point. It is absolute folly to wait for the tongue to clear off and the appetite to come when the body is losing weight. The fact that the body is losing weight and that the patient is emaciated is evidence that the tissues require food. If there is no desire for food, it is an abnormal condition which ought to be corrected by other means than waiting. Procrastination is the thief of health as well as of time. Simply waiting cures nothing. A person who has a coated tongue and no appetite, and at the same time is below his normal weight and losing weight, needs treatment, not fasting. His alimentary canal is loaded with poisons. Bile, intestinal secretions, and products resulting from putrefaction have accumulated in his small intestine until the body is poisoned by the absorption of these poisons. Simply unloading the colon by means of the enema does not answer the purpose.

It was pointed out long ago by physiologists that autointoxication results from the putrefaction of undigested food-stuffs in the small intestine. There is comparatively little putrefaction in the large intestine. The chief difficulty is in the small intestine and the accumulations in this part of the intestine are not

reached by the enema. Other means must be taken to evacuate the intestine, and when this is done, putrefactive materials pass away, the tongue clears off, and the appetite quickly returns. This can be accomplished in three or four days by proper means, far better and far safer than by a month's fasting.

When a man fasts, his muscles are, of course, greatly weakened. In a case we now have under observation in the institution, a lady who was a boarder fasted for nearly four weeks without consulting any one and without my knowledge. On investigation, when the case was brought to my attention, I learned that the lady at the end of the first two weeks found herself so weak that she could no longer wait on herself and had to get a friend to assist her. At the end of another two weeks, she had become so weak that she was wholly confined to her bed, and her heart had become very feeble and irregular in its action. She then became frightened at her condition, and called in a physician, and we are doing our best to save her life and hope to be able to do so, but if she had gone on a little farther, it might have been too late.

A person who goes without food becomes weak; his muscles very quickly lose their capacity for work. How long, for example, would a man working in the harvest field be able to go on with his labor without eating? How long could a horse or an ox continue work without food? The muscles are necessarily weakened, for they depend upon frequent supplies of food for fuel to maintain the supply of energy which they are constantly pouring out, just as a locomotive requires a constant supply of fuel to keep up steam and enable it to do its work. It is not simply the general muscular system that is weakened by fasting. The heart is a muscle, the stomach and bowels are muscles, and the blood-vessels have muscular walls. The muscles, indeed, play a very large part in nearly all of the vital functions of the body. When a man fasts, not simply his legs and his arms are weak, but the heart becomes weak, the circulation is weak, and the strength of all the vital machinery is depleted. His ability to resist disease is lessened, just as much as is his ability to work.

Bacteriologists found out long ago that a
(Continued on page six)



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VOL. II AUGUST 27, 1909 No. 38

GOING BACK TO NATURE

NATURE is calling and tugging away at the heart-strings of every one of us. The call to nature is universal and constant. But there is nature and nature. That is, there is God's nature and there is human nature, which is but another name for a fallen and perverted condition that has become natural to human beings because of the constant perversion of right ways, and because there are tendencies in each one of us which would lead us toward that which is low and degrading. We all have to contend against those tendencies, and to be on our guard lest they at any time obtain the mastery over us, and we be overwhelmed by the passions which they create within us if they are allowed to live and to grow.

So when we talk about "going back to nature" we must have a care as to which nature it is that is calling us, and to which we purpose to give our following. If the most of us were to follow the leadings of our natures we would take the wrong path entirely. Human nature leads to the gratification of the lower senses, it leads to complex living, to the violation of the laws which control our well-being, to enslavement to appetite and the gratification of lust. The lure of gratification and final satisfaction is held out but never gained. Pleasure and luxury flaunt their banners before the children of men, but the path leads only to disappointment, loss, and ruin.

Real, genuine Nature is the realm over which God presides, where he lives and works. Of this realm it is written, "His ways are ways of pleasantness, and all his paths are peace." The first law of this realm is purity. It requires cleanness of body and soul. Simplicity is also one of the distinguishing marks. The simple life is the natural life. This feature should extend to every part of life. There should be simplicity in dressing, in eating and drinking, in our dwellings and their furnishings, in our associations and communications, in our deal and transactions—everything should be clean, untainted, simple, direct, and sincere.

Clothing is necessary both for comfort and modesty. Let it therefore be in the highest degree comfortable and modest. Showy, fantastic array is neither one nor the other. The object of eating is to sustain life and strength. Why, then, should we eat those things which destroy both life and strength? Air and water are bountifully provided for our use, and in their natural condition both are pure and untainted. Why should we prefer to take our

air and water in an adulterated, impure condition. There is not a substance on earth except water that can quench thirst. There is not a substance in this world which, added to water, can increase its power to quench thirst, and yet human nature laughs at pure simple water and mocks the man or woman who insists upon drinking it pure and simple as it is found in nature's realm. Nature provides food in abundance for all men and for all the beasts of earth; but there are some beasts who prefer to devour their fellow creatures instead of living from those things that are poured out to them so bountifully from the lap of mother Earth. Alas, there are some human beings who are inclined that way! They prefer to eat the animals that have eaten the bounties of nature rather than to let their fellow creatures live, and like them, get their food direct from the bountiful Hand that creates and feeds all creatures. Houses should protect us from the rudeness of the world around us, but they should not shut out also the pure air, the simple habits that make life so desirable, the sweet influences that make the true home so sacred.

There is a Nature that is above us, that is sacred on account of the divine presence. And there is what we call nature—satanic, and low down beneath the better walks of life. Both these ways are calling to us. Let us not forget the path that leads upward into perfect day, into purer, better, simpler ways. Let us not retrograde *back* and down to human nature, but ascend to the better, purer, simpler realm above us.

HOT AND COLD

A Nurse's Experience

AN amusing incident like the following serves to antidote the depressing influences which a visiting nurse encounters in her daily rounds in the tenement-house district of a big city:

"Now, Mrs. O'Shea, you needn't be a sittin' up such a fuss about nurse agoin' to give you hot and cold. I tells you hot and cold is just the thing when one knows how to give it. I sees what it does for Mrs. Flinn when she took bad to our house. We sent for Dr. Winkins and he comes along with his X-rays in his pocket. He gets it out, affixes it to his ears and closes his eyes. Then he tells us how he can see all the working of her disease on the inside of her. and said it would sure kill her.

"Dr. Winkins has lived with the Indians and has digged up thousands of roots. He says how he knows more than most doctors who have been to school and are a larnin' all the toime.

"Well, we sent for nurse so's to be round should anything happen sudden which we were expectin' any minute. She comes and tells us how the doctor up to the Dispensary says hot and cold would give her relief. She gets Jake amakin' the fire with some papers and chips as he could gather, for we had just run out of wood for a few days. When the water was abillin' I comes with a cup of cold water and a bowl for the hot, to be helpin' like, and says I to the nurse, 'Now I could be afeedin' Mrs. Flinn a tayspoon about of hot and cold.'

"But afore I knowed it the nurse was aslappin' a bilin' hot cloth on Mrs. Flinn who was doubled up. Then she puts her feet in some hot water and afore you could turn, Mrs. Flinn

was asuorin'. She slept all that night and the next mornin' she was ready for more breakfast than any two of us. Not as I begrudge her the bite she ate, for she has always been good to the children. I tells you she was up and off to her work that same day, just as tho' she had 'nt been at death's door the night afore."

Meanwhile Mrs. O'Shea had quietly submitted to her treatment and was feeling much better for having it. And she was quite ready to agree with her friend that "hot and cold" were just the thing when rightly given.

HEART'S SUNSHINE

Oh, if only those who love us
Would but tell us while we live,
And not wait until life's journey
Ended is, before they give
The smile we hungered after,
Tender words we longed to hear,
Which we listened for, but vainly,
For many a weary year.

There is much of pain and sorrow
All must bear, and bear alone,
Yet how helpful is the sunshine
Of a cheery look and tone!
How it brightens up life's pathway,
And dispels the shadows grim,
And restores our shattered idols,
Which we built in days now dim.

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Domestic Science

By RUTH C. TENNEY

Instructor Sanitarium Cooking School

BREAKFAST DISHES

In preparing breakfast, two points should be kept in mind. The dishes should be those which may be quickly prepared and easily digested.

Most grains take from two to four hours to cook. Therefore, grains should be cooked on the previous day. Oatmeal, cornmeal, and steamed rice require a much longer cooking than is usually given. The cellulose surrounding the starch cells must be broken and the starch so changed that it may be easily digested.

However, it is easy to obtain many varieties of prepared breakfast foods which are easily digested, very rich in nutrition, and quickly prepared for the table. The simple flake foods and different toasted preparations are to be highly recommended. Thoroughly toasted bread may be kept on hand and served with various kinds of hot dressings.

Indigestible foods, such as fried potatoes, fried eggs, or fried mush, must be avoided if the body is expected to do any other work than to digest the food.

Eggs in Cream

- 3 eggs.
- $\frac{1}{4}$ cup cream.
- 1-3 teaspoon salt.

Break an egg into each individual baker. Sprinkle over it a third of the salt and also pour over it one-third of the cream. Place in a slow oven in a pan of hot water. Cook from five to eight minutes.

Rice Croquettes

- $\frac{1}{2}$ cup rice.
- 2 cups water.
- $\frac{1}{2}$ cup milk.
- $\frac{1}{4}$ cup flour.
- 1 cup corn flakes.
- 1 egg.
- 1 tablespoon grated onion.
- 1 tablespoon celery salt.
- 2 tablespoons butter.

Put the rice into the boiling water and cook slowly in the inner portion of a double boiler for fifteen minutes, then place in the outer portion of the double boiler and finish cooking. When the rice is thoroughly softened and the liquid has been absorbed, add the onion, celery salt, and butter. Make a thick cream sauce by adding the flour, braided with a little cold water, to the hot cream. When cooked, remove from the fire and add the beaten egg. Into this, stir the seasoned rice. When thoroughly mixed, dip by spoonfuls into the previously crushed corn flakes and shape into oblong cakes and bake in a hot oven until set.

Plain Omelet

Beat the yolks of three eggs to a cream and the whites to a stiff froth. Add to the yolks three tablespoons milk or water; one rounded tablespoon finely grated breadcrumbs; one-half teaspoon salt; lastly, fold, not stir, the whites and pour in the omelet mixture. Place on a stove where heat will be gentle but continuous, occasionally slipping a knife under it. When bottom is slightly browned, set pan in a hot oven for a minute until top is firm to touch. Fold, garnish and serve.

Grape Toast

- 1 pint grape juice.
- $1\frac{1}{2}$ tablespoons corn starch.

To the grape juice add the corn starch moistened with a little of the juice. Cook, and serve over breakfast toast or nicely toasted bread.

"To study our own limitations is as much of a duty as to pray."

"Nothing is sweeter than words of appreciation, nothing more beautiful than a soul in bloom."

QUESTION BOX

(Continued from page one)

ing states of the consciousness.

The liver has a face as well as the brain, and the heart has a face. That part of the skin that overlies the heart is so associated with the heart that if we put cold over it we can make

the heart slow down if it is going too fast. Last night I was called to see a lady whose heart, and this morning they reported that the minute. I ordered a cold compress put over the heart, and this morning they reported that the heart was ninety. There is no magic about it at all. It was simply the reflex influence between the skin and the heart. In the same way the liver and the stomach and every internal organ is connected with the skin; and scientific hydrotherapy is the art of playing upon the skin with hot water and with cold water in such a way as to make these internal organs dance just as you wish to have them.

The most powerful stimulating effect possible is produced by alternations of hot and cold, because both are stimulating, but if too long continued it becomes depressing; so we make a short hot application, and then put on a cool application. Now, in the same way, the first effect of cold is stimulating; but if you wait a little while, allow it to remain for some time, the effect is depressing; so it must be a short hot application and then a short cold application, and by alternating the two, we can continue the effect as long as we desire.

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FASTING FOR HEALTH

(Continued from page three.)

starving pigeon could be infected with bacteria which had no effect whatever when the pigeon was well fed. The same thing is true of other animals. During the late war, men who were shut up in prison and subjected to meager fare became diseased. A man who is fasting becomes an easy prey to the bacteria which swarm in the intestines and with which every human being is constantly surrounded. Fasting must be recognized as a clumsy, unscientific and even very dangerous method of accomplishing what can be accomplished by safe, sane, and less inconvenient and unfortunate methods under scientific direction.

The fasting fad was first introduced as a systematic method in the treating of the sick by Priesnitz one hundred years ago. A rival of his located on the other side of the Graafenberg Hills, where Preissnitz established the first water-cure, had a rival scheme of curing people by withholding water. He subjected his patients to long and most severe sweatings every day, allowing only a very limited amount of water, barely enough to keep them alive. This method, he claimed, accomplished great cures. Certainly some people survived, and these were regarded as miraculous cures. They may possibly have been helped to some degree, but they might have been helped by other means.

PERSONALS

Gov. Alva Adams and wife, of Pueblo, Colo., are among the recent arrivals from the West.

Atty. Rufus M. Potts, of Springfield, Ill., has entered the Sanitarium for rest and treatment.

D. H. Dye, of Silva, Ohio, whose daughter is a nurse in the institution, is with us for rest and recuperation.

Governor Campbell, wife and daughter, of Austin, Texas, are among the recent arrivals from the South.

Jas. Cosgrove, of Charleston, S. C., a prominent real estate dealer, is spending a short time in the institution.

A. A. McKenzie, of Cass City, Mich., manager of the Michigan Sugar Company's plant in that city, has entered the Sanitarium for rest and recuperation.

R. S. Toombs, of Memphis, Tenn., a professor of clinical medicine in the College of Physicians and Surgeons, is spending a few days at the Sanitarium.

Rev. Robt. Humphrey, formerly stereopticon lecturer and missionary from India, now pastor of the Congregational church in Kirwin, Kans., is spending a few days at the Sanitarium.

Rev. R. B. Mahoney, of Stanford, Ky., pastor of the Baptist church, is with us, taking much-needed rest and treatment.

Rev. Chas. N. Crittenton, of Washington, D. C., founder of the Florence Crittenton Homes, is spending a little time with us resting and visiting old friends.

General J. G. Ballance, of the United States Army, an old friend and patient of the Sanitarium, is spending a few days with us again.

News Notes

Dr. David McKenzie Newton, of Smyrna, Asia Minor, a medical missionary for the Established Church of Scotland, is a visitor at the Sanitarium. He spoke to the Sunshine Club concerning his work, which is for the Jewish people, the descendants of those who were banished to Smyrna in 1492 by Ferdinand of Spain. At that time there was no other asylum for these unfortunate people. Turkey was the only country to receive them. They carried thither the Spanish language and have retained it all these years in the form which it had in those days. Dr. Newton is in charge of a hospital and is doing a good work for a neglected people.

Mr. Horace Fletcher is expected to visit the Sanitarium again shortly. His visits are greatly prized, as he is sure to bring a fresh supply of information along dietetic lines gathered from his own experience and observation. His testimony is doing an immense amount of good to the present generation.

On last Sabbath the Sanitarium pulpit was occupied by Pastor A. T. Jones, who spoke on the gift of Christ as being a perpetual gift and not a temporary loan. Christ is still and forever the Son of man. "To us a child is born, to us a son is given" is still as true as it ever was. Christ is now, as he has ever been, the friend and helper of humanity and he has inseparably associated himself and his interests in our behalf.

In the afternoon Rev. Jas. Small, of Columbus, spoke on the happiness of life and some of the things that contribute to that happiness. Both addresses were very helpful.

Dr. W. F. Martin, who spent the winter and first part of the summer in Porto Rico, has returned and resumed his work on the medical staff of the Sanitarium. Doctor Martin speaks highly of the opportunities for medical work on the island, and of the general character of the place as to people, climatic and other conditions. We are all very happy to have Doctor Martin and his family again with us.

Pastor A. T. Jones, of the Sanitarium, is in attendance at the Winona Lake Bible Conference. This is a very large assembly of Christian workers of all denominations. Among the principal speakers at the Conference this year will be Dr. Frank Gunsaulus, of Chicago, Dr. Newell Dwight Hillis, of New York, Dr. J. H. Jowett, of London, Chas. Stelzle, Dr. Steiner, and many other leading lights in the religious and social world.

The annual Announcement of the Battle Creek College Preparatory Department has been issued in neat and attractive form and will be sent to any one upon application. The object of the School is to prepare students for college either in professional or literary lines. A high standard of moral excellence is maintained in this School, and no one is retained whose influence is detrimental to such an aim. Preference is given to those young men and women who wish to fit themselves for usefulness in some line of Christian service. Employment is given to such to pay a part or even the whole of their way. For information address the principal, Professor E. D. Kirby, Sanitarium, Battle Creek, Michigan.

The attendance of patients and guests at the Sanitarium is still keeping up to the high mark. Never before has the institution been appreciated by the public as now. Every room is full continually, and many are waiting the

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chance to come. Many are constantly going away to their homes and their business refreshed and renewed in life and health. A vast amount of good is being done in the surgical department, where the very highest attainments of efficiency and success are fully maintained. Many are the physical wrecks that are repaired and rebuilt there to the joy of the patients and their friends. None need be deterred from coming on account of the crowded state of the institution, though it will be better that previous arrangements are made by correspondence.

ARRIVALS

The following is the list of arrivals at the Battle Creek Sanitarium for the week ending August 23: O. R. Beard, M. D., Tenn.; Mrs. L. W. Brittan, Ind.; Mr. and Mrs. J. Muckle, Mo.; Mrs. A. C. Webb and son, Ind.; C. E. Myers, Ill.; Miss Lena Fattman, N. Y.; Mrs. Lincoln G. Starbuck, Fla.; W. A. Doan, Fla.; Miss Ranoppi, Pa.; Mm. Kirn, Mich.; Hugh E. Klough and wife, and Miss Klough, Ill.; George and J. J. Eshelman, Ind.; Mr. and Mrs. H. E. Colby, Calif.; A. M. Leach, Ohio.; Jos. S. Work, W. Va.; E. H. Bentley, Ohio.; Adam Connaway, W. Va.; Mrs. O. Franklin, W. Va.; Wm. P. Payton, Pa.; John Welch, Ky.; Philip Quig, Jr., Ill.; Miss Margery Brough, Okla.; A. P. Tom, Calif.; Mr. and Mrs. J. H. McCord, Mo.; Miss Susan Simons, Mich.; Mrs. Anna P. Worrell, O.; M. C. Wilkinson, Ky.; L. W. Rhode, Ind.; A. M. Steinburg, N. Y.; E. F. G. Harper and wife, Pa.; Mrs. Harry McCreary and Master Clay McCreary, Pa.; G. S. Phelps, N. Y.; Mrs. Jos. G. Ebersole, O.; Miss Hattie B. Dignowithy, N. Y.; J. S. Stephens, La.; Sammie B. and Marydela Campbell, Texas; O. Shoemaker, Mich.; Virginia D. Soppington and Mrs. Ruth Bennett, Tenn.; Russell M. McKee and Mrs. B. S. McKee, Mo.; E. V. Dickey, Tex.; Jno. H. and Master M. M. Jones, Pa.; Miss Bertha Johneta Jones, Pa.; Mrs. James H. Anderson, O.; Miss Dorothy Dodds, O.; Miss Florence Elliott, Mo.; Robt. Stanley, Jr., Ill.; Mrs. Troxell and daughter, La.; E. A. Dye, M. D., O.; Henry Weinberg, Ind.; Mrs. M. D. Bussey, Ill.; Miss N. Adams, Conn.; Mrs. D. D. Davis, O.; Mrs. Harry G. Fisher, O.; Dr. W. R. Clifton, Tex.; Mrs. J. H. Powell, Ga.; W. H. Browning, Ill.; A. L. Tucker and wife, Ill.; Mr. and Mrs. Alva Adams, Col.; Mrs. D. E. Hasey, Minn.; Julia C. Barnum, Minn.; R. Tod. Graff and wife, O.; Viola F. Stuckey, O.; Minnie M. Van Pelt, Ill.; Chas. N. Crittenton, N. Y.; Mrs. G. W. Miller, Okla.; S. K. Casey, Ill.; Vincent A. D. Nyman, Ill.; A. L. Farmer, Miss Farmer and Miss Hilda Nitchy, Okla.; Susan M. Eldridge, Ill.; Lindsay Eldridge, Ill.; Mr. and Mrs. C. O. Pinney, Ill.; Miss Claudia E. Dunaway, Mo.; Simon Weiss, Ill.; R. Y. Best, La.; C. H. Robertson, Ont.; Mrs. A. A. Lane, Ind.; Miss Molly Levy, Ind.; Asbury Barker and family, N. Y.; Jessie B. Moser, Pa.; Jas. H. Fetter, Ind.; Dr. W. T. Lowe, Ark.; Miss Julia B. Tarbox, N. Y.; J. L. Fearing, Ill.; R. S. Toombs, M. D., Tenn.; Dr. and Mrs. G. P. Hall, and Graham, Tex.; John Green Ballance, U. S. Army; R. B. Mahoney, Ky.; Miss F. Denison, Manitoba; J. A. Sanderson, Miss.; Mrs. Elizabeth W. Bates, and

Anna Winshiz Bates, Ga.; D. H. Dye and wife, Ohio; Margaret J. Dye, Colo.; W. B. Skirvin, Okla.; Burton Mint, Ga.; Mrs. W. H. Griffith, Sr., Mo.; W. G. Griffith, wife and baby, Mo.; C. F. McClure and wife, Mo.; Mrs. F. S. Head, Ky.; Miss Belle Coles, Ky.; Miss J. E. Tompson, N. Y.; A. A. McKenzie, Mich.; Mrs. P. F. Haskell, Ill.; Rev. W. F. Finke, Ia.; F. P. Boyd, Ill.; W. C. Mawhinney, W. Va.; S. C. Lewis, Minn.; Mrs. L. W. Rhode, Ind.; Thos. S. Owen and wife, Miss; Thos. E. Cartwright, Wis.; F. C. Dodds, Ill.; M. G. Grief, Porto Rico; A. C. Webb, Ind.; J. B. Bridges, Mo.; Q. A. Minium, Mo.; D. McKenzie Newton, Smyrna; Mrs. C. P. Sed, Pa.; Mrs. Milo V. Smith, Ind.; C. D. Grant and V. B. Prather, Mo.; W. Halliburton, Tenn.; J. A. Jarratt, Ark.; R. C. Garvin, Colo.; Mrs. Edw. H. Ward and Miss Ward, Pa.; Mrs. Ella Montgomery, Ore.; Mrs. W. Ewingkalb and Mrs. Ellen Logan, Mo.; H. W. Manut, Ill.; Henry Oberg, Kans.; Mrs. H. N. Hennings and daughter, Ill.; Ruth M. Weimer, Kans.; Mrs. M. E. Holtsinger, Fla.; Mr. and Mrs. D. W. Allen and baby, Ga.; Mrs. W. B. Shadburn, and Miss C. Shadburn, Ga.; Mrs. Thos. D. Bayne and son, Ind.; Edgar H. Bancroft, Ill.; Gaines O. Carr, N. Y.; Wm. A. Spiegel, Ind.; Hugh Daly, Ill.; J. E. Hancock, O.; Mrs. L. Hancock Semler, O.; L. W. Bittman, Ind.; Mary G. Heuding, O.; Geo.

A. Callaghan, Mich.; Rufus M. Potts, Ill.; L. Oppenheimer, Tenn.; J. B. Laderer, Kans.; T. J. Wolfe, Texas.; Edwin Warner, Tenn.; Mrs. S. H. Sabinger, Ind.; Mr. and Mrs. J. Cosgrove, S. C.; Mr. and Mrs. E. H. Hughes, Tex.; W. Owezarek, O.; Mrs. E. Hall, Mo.; Mrs. Ellen Logan, Mo.; Chas. C. Westcott, Fla.; Mrs. J. S. Glenn, Scott and Sister Glenn, Okla.; Mildred Kline, W. Va.; Nellie Kline, Okla.; J. C. Pugh, La.; E. A. Griswold, Ill.; C. H. Wellman and Master Horace Wellman, South Africa.

SANITARIUM SOCIAL LIFE

(Continued from page one)

Everybody is supposed to be friend to everybody else, and the privilege of exerting a wholesome and happy influence upon others is suggested to each one by precept and example. During the warm and pleasant summer days the lawn is the favorite resort for social purposes. Here from morning to evening may be seen a large number of wheel-chairs, lawn seats, easy chairs, and couches, occupied by patients grouped in social intercourse or reading, or napping by themselves, as inclination leads the individual. No restraints of class or position and no fears of strangeness are entertained. All are united by ties of common interest, and sympathies, and though sometimes stomach and nerves form the topic of conversation for a little time, the theme is soon changed by some thoughtful person and life and animation characterize the talk.

The large and beautiful parlors at the north end of the building afford opportunity for social intercourse both public and private. These rooms are always open to the guests, and they are made to feel perfectly at home there. With comfortable couches and chairs on soft rugs,



TWO COURSES IN DOMESTIC SCIENCE

The One-Year Course, intended especially for Matrons and Housekeepers or for those who desire it for its educational value, includes General Cookery, Invalid Cookery, Institutional Cookery and Practice Cookery, Anatomy and Physiology, Household Chemistry, Home Nursing, Household Microscopy, Household Economics and Household Architecture, Sewing, Medical Dietetics, Theory, Table Service, Physical Culture, etc.

The Two-Year or professional course, intended especially for Dietitians, Lecturers, and Demonstrators, includes all the studies of the one-year course, and in addition Advanced Chemistry, Advanced Physiology, Sanitary Science, Bacteriology, and Hygiene, and Advanced English.

ONE SPECIAL FEATURE of this school is that students are given an opportunity to meet a large part of their expenses by work along lines which aid them in their studies.

Fall term begins Sept. 7, 1909. For particulars apply to—

**The Battle Creek Sanitarium School
of Health and Household Economics**

**BATTLE CREEK
MICHIGAN**



A Social on the Lawn

good pictures upon the walls, brilliant lights in the evening, two fine grand pianos, a temperature cool in the summer and comfortable at all times, these splendid rooms add greatly to the homeliness of the Sanitarium.

Just before going to the breakfast room each morning the family assembles in the parlors for worship. A familiar hymn or gospel song is sung, a chapter is read or a passage of Scripture commented upon, a brief prayer is offered, and another hymn is sung. Of course only those

who are so inclined attend this exercise, but many find comfort and help for the day in these sessions of sacred communion. Very many express the satisfaction they find in beginning the day in this manner. It takes away the semblance to hotel life and reminds one of home, especially as prayers are offered for the homes and families represented there.

In the College building adjoining the Sanitarium is a well supplied library and reading-room. Here a full list of current literature is kept

by intelligent and helpful librarians. A branch reading room is maintained on the second floor of the main building for the benefit of those patients who can not well go to the College building.

The daily program provides for the social nature as well as for the physical side. On Sunday evening divine services are held in the parlor. On Monday evening and Thursday evenings Dr. Kellogg lectures. On Wednesday evening Dr. Riley lectures, on Tuesday and Saturday evening some social events are provided by way of concerts, lectures, or other diversions. On Friday evening is the family prayer meeting. Each afternoon is held a meeting of the Sunshine Club, a very popular meeting for the purpose of driving far away any approach of the blues.

Besides the features provided by the management the guests arrange also for their own diversion driving parties, or visits to some of the beautiful resorts in the vicinity. The program of the guest is kept so full that he has no time for repining or even thinking of himself. At night he is ready to go to bed at an early hour and anxious to go at once to sleep, knowing that the morrow's duties will soon be upon him and that he is expected to be up betimes and about them.

It is the common feeling here that the efforts to banish the homesick feelings that are so distressing to sick folks are successful to a remarkable degree. If any one comes to the Sanitarium and maintains a hypochondriac and lonely attitude it is because in his abnormal condition he insists upon placing himself in that condition and remaining there in spite of all that can be done to get him out of it. But this is seldom seen. One does not witness a row of melancholy long-faced individuals sitting along the wall or moping about. On the contrary, cheerfulness is everywhere in evidence and everyone has a testimony of hope and good cheer on his tongue and countenance.

BATTLE CREEK SANITARIUM SCHOOL OF PHYSICAL EDUCATION

Special Summer Course now in Session, until September 10th, 1909

The Board of Directors of the Battle Creek Sanitarium have organized this school in order to crystalize the work in Scientific Massage, Swedish Gymnastics, Manual Movements, and general educational work along the lines of right living. This work has been carried on continuously for more than thirty years in connection with the gymnasium, lecture and class work for the patients, nurses, students, and general help of the Battle Creek Sanitarium. The summer course is especially adapted to the convenience of teachers, university students, and others desiring a change of vocation and rest, while at the same time earning their expenses and pursuing a profitable course of study.

The following subjects are given: ANATOMY, HISTOLOGY, PHYSIOLOGY and HYGIENE, HYDROTHERAPY, MASSAGE, FIRST AID and EMERGENCY NURSING, DIETETICS, PHYSICAL DIAGNOSIS and ANTHROPOMETRY, GYMNASIUM NOMENCLATURE and TACTICS, GENERAL GYMNASIUM and MARCHING, MAT WORK and TUMBLING, APPARATUS WORK, WRESTLING and FENCING, CORRECTIVE EXERCISES and MANUAL SWEDISH MOVEMENTS, and ATHLETICS and FIELD WORK.

The tuition for the ten weeks' course is \$20.00. By working from three to six hours a day, each student will be able to pay practically all of his running expenses. An opportunity for such work will be offered in the various departments of the Sanitarium.

The regular school year opens October first, and running to June first, nineteen ten.

Any who are interested will be sent illustrated announcement with further details on request. Address,

The Battle Creek Sanitarium School of Physical Education
BATTLE CREEK, - - - MICHIGAN

THE BATTLE CREEK IDEA



Vol. II No. 39

BATTLE CREEK, MICH., SEPTEMBER 3, 1909

Price 2 Cents

THE SANITARIUM IS A PHILANTHROPIC INSTITUTION

It is, on This Account, Exempted From Taxation. Its Development Is the Result of the Sacrifice and Devotion Of Its Promoters.

SINCE its first inception and all through its history the Battle Creek Sanitarium has been the cynosure of critics and a very large and increasing circle of interested spectators.

A Health Symposium

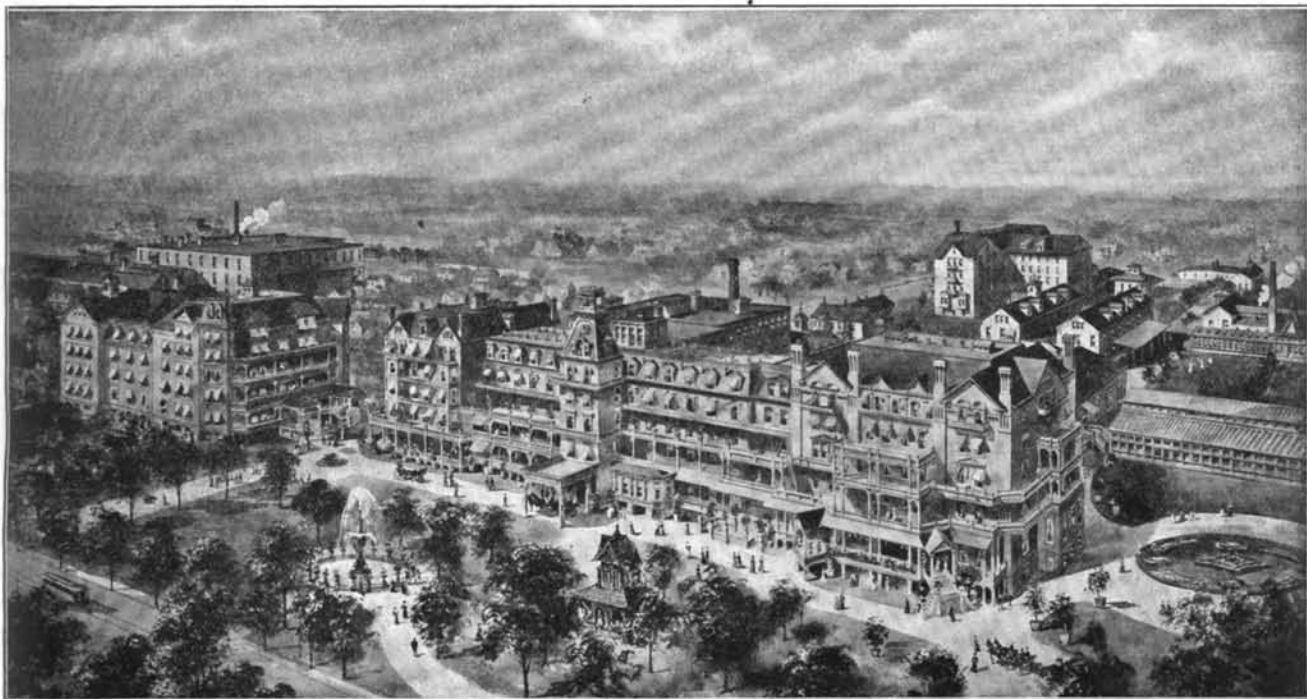
Report of Symposium Held in Sanitarium Parlor August 20, 1909. Prominent Speakers Present

A MEETING of unusual interest was held at the place and time mentioned. The large parlors were filled with guests of the Sanitarium, and the various speeches were replete with val-

ERRORS OF MODERN DIET A PERVERSION OF NATURE

Abstract of a Lecture in the Sanitarium Parlor, August 9, 1909, by J. H. Kellogg, M. D.

IN reply to the question, "If all people should give up the eating of meat, what would become of the cattle?" Doctor Kellogg said: The pigs, and the oxen, and the sheep, and



THE MAIN BUILDINGS BURNED FEBRUARY 18, 1902.

Its material growth and development have certainly been remarkable, and have awakened the interest of a very large number of people. Starting out as a financial venture the early promoters soon discovered that it never could succeed in that character and that it could only exist and perform its legitimate work as a purely philanthropic enterprise. There must be associated with such an institution the spirit of true philanthropy, which manifests itself in self-denial and benevolent motives. There must be a willingness to sacrifice selfishness for the good of the institution and the object for which it was created. At that time

(Continued on page two)

uable instruction and information. We can give our readers but a brief abstract of the proceedings.

Doctor Kellogg said: I suppose that we are all interested in the question of how to make our lives most effective for good. The people who come to the Sanitarium are for the most part serious-minded people, who have enough experience in life to know something of what is most worth while.

Some years ago, while riding on a train, Major Pond, who was a manager of lecturers, said to me, "Doctor, Henry Ward Beecher is in the next car, and I want you to meet

(Continued on page three)

the poultry, etc., would then have a good time. How would they be disposed of? They would take care of themselves. Just let them go. Suppose you get your eye on a chicken, and decide that you will wring that chicken's neck, disembowel him, put him in a pot, boil him, and eat him. Suppose you should think of such a thing, and then that chicken should get away from you, and escape; wouldn't he be happy if he knew what you were going to do? Do you not think he would be glad to take care of himself? Give him a chance and see what he would do. I am asked this question very often,—"Why, what shall we do with the cattle if we don't eat them?" What do we do

with our cats and dogs? I ask. We do not eat them. Do we eat all the birds and all the different kinds of animals that live? What do we do with the horses? True, we do not need oxen for plowing as we formerly did, and if we did not use them for eating, we would not raise so many. Cattle are raised, and great care is taken to multiply all these animals that are used for food, on purpose that they may be slain and eaten. As old Pythagoras said almost 2,500 years ago,

"First we feed with household bread,
Then eat the poultry that before we fed."

He saw what a ridiculous thing it is for an eater to eat another eater. Poultry are themselves eaters; and we turn about and make eatables out of the eaters. Now, think of it! Suppose you saw one potato turning upon the other potatoes and devouring them. That would be a thing contrary to nature. You would say, "This is a monstrous thing—pumpkins devouring potatoes, turnips, and other things—swallowing them whole." You would not have that kind of Cyclopean pumpkins on your farm. Now, my friends, it is just as monstrous for an eater to eat another eater as for an eatable to eat an eatable, it is certainly. It is reversing the order of nature, and we haven't any right to do that. And we not only have no right to do it, but we can not do it without dire consequences. I look around in this room and see tan-colored faces that ought to be rosy-cheeked; I see dark skins where there ought to be clear complexions. I see people here with great brown circles around their eyes, wrinkled cheeks, haggard faces; and that is the penalty we suffer for wrong ways of eating. It is deterioration; it is physical demoralization, degeneracy. We see it all about us, and it is in large part the penalty we suffer for reversing the order of nature, turning things upside down, eating things we have no business to eat,—for sitting down, as Ovid says, and devouring our guests:

"If man with fleshy morsels must be fed,
And chew with bloody teeth the breathing bread,

What else is this but to devour our guests,
And barb'rously renew Cyclopean feasts?"

Now, that is what a man said 2,500 years ago,—a man who is said to have been a heathen, and yet he was not a heathen after the sort of the pioneer missionary to the South Sea Islands. John Williams is called the apostle to the South Sea Islands. He and his wife had been out ten years, and they sent home for some fat oxen to be sent out to them to be killed and eaten at a great feast that was to celebrate the tenth anniversary of their arrival in the islands. He said, "What was our disappointment when we found that we had lost our appetite for English roast beef, and that we could not eat it." He said, "My wife actually shed tears because she had become such a barbarian that she could not eat English roast beef." She was getting back to nature, and that is a kind of barbarianism we all need more of. A return to simple and more primitive life is the thing that is necessary and one that is most needed at the present time. A gentleman brought his wife here a few years ago, and as I came into the office, he said, "Doctor, here is my wife; I brought her here to see what you can do for her. Now, Doctor, you see right away what is the matter with her." "Yes," I said, "what do you think is the matter?"

"Why, Doctor, it is a plain case; my wife is suffering from modern civilization, and I want you to save her from it."

And that is one of the things you are here for; that is what this institution is for; it is an ark of safety to flee into; to get away from

the perversions that have grown up in our modern civilization.

One of the greatest of all these evils is the flesh-eating habit. Lord Byron said, "Man is a carnivorous product; he must have prey;" but that is not true. Lord Byron himself confessed that when he ate beef it awoke the very devil in him; and that something awakened the devil in him at times, we all know. And there is a good deal of devil in the world that beefsteak is responsible for. There is no question in my mind about that. I sat down at a hotel table not long ago, picked up a bill of fare, and there was scarcely a thing on it but the flesh of dead beasts of some sort. That bill of fare looked like the inventory of a morgue. There are many people who play upon their palates as some men play upon their fiddles,—just to get a sort of music out of them; but it is a strange thing that people should be so foolish, not stopping to think of what is going to happen in making the stomach a receptacle to receive this refuse, never stopping to think what is going to happen to the brain, the nerves, the liver, and other important vital organs in consequence. Every man that swallows a spiced pickle (or every woman, perhaps I should say), ought to know that that spiced pickle is not digested in the stomach, but creates trouble in the bowels, the blood, the liver, and the brain.

I was eating my lunch on the train some time ago to save time. It consisted of zwieback, nuts, and fruit, and I pretty soon became conscious that somebody was looking over my shoulder, as I was dictating to my stenographer and munching my lunch; and a gentleman whom I had known for some years, a medical college professor, said, "Is that all you eat? I have been wondering for a long time what you ate, and I have a good chance now to see."

"Yes," I said, "I have a plenty. Just look at my bill of fare."

He said, "I have always heard that you work pretty hard, and I thought it might be interesting to see what you ate. And you don't seem to have much of anything at all to eat—nothing but some bread, apples, and nuts. Is that all you have?"

"Isn't that enough?" said I. "Here is bread, that is the staff of life; here are nuts, which answer for the butter and the beefsteak; and here are the apples, and they are the desert. What else do I need? I have a whole banquet here."

"Well," he said, "it doesn't seem to me there is very much there to interest a person."

I said, "It depends upon whether he is hungry or not. I have an appetite; I am hungry."

He said, "Well, that zwieback doesn't look as though it had any taste in it."

"Why," I said, "it is very sweet."

"Oh, it is sweet, is it?" and he picked up a little piece and went to chewing it.

"Why, I can't taste anything at all."

"Oh," I said, "you have been in the dining car and blistered your tongue with mustard, pepper, peppercorns and things of that kind, and of course you can't taste anything."

He said, "How did you know that?"

"Well," I said, "I knew it by the looks of your nose."

"Oh," he said, "well, my nose I know is a little red, that is a fact; but you know, Doctor, I like things that give my palate a twist."

This man was a doctor, and I said to him, "Ah, yes, my friend, you have forgotten that that spiced pickle you swallowed, and that mustard and pepper, and peppercorns, and those other things that burn and blister and sting as they go down your throat do not stop with the palate but keep right on twist-

ing; they get down to your stomach and twist there; they get into the liver and give that a twist, and they keep on twisting until they get to your nose and twist that out of shape."

How strange it is we do not stop to think that the things we are eating to-day are walking around and talking to-morrow, and if we do not eat right, we are not likely to talk right, and we may not walk straight. The things we eat compose us, enter into us, they become a part of us; we are actually made of what we eat; the food is the materials that enter into the house in which we live; and if we put in poor materials, we get a poor house.

I think I can find something useful for these oxen to do if we do not eat them. At least, we need not eat them out of sympathy for them, just to give them an object in life. We should not have so many if we did not raise them on purpose to eat them, and we would find some good useful purpose for them if we did not eat them, just as we do for other animals that we do not find it necessary to eat.

PHILANTHROPIC INSTITUTION

(Continued from page one.)

all dividends and profits were relinquished, and since then no person has ever profited financially by the Battle Creek Sanitarium except to the amount of a moderate salary.

To many admirers the Battle Creek Sanitarium has had the appearance of a bonanza. They have seen it rise from the smallest beginning and gradually expand in dimensions and facilities until its buildings and real estate cover considerable territory, forming with its work and workers an impressive object lesson. And it has appeared to the average man that somebody must be getting rich out of the undertaking. It is difficult for the ordinary worldly man to really conceive of an enterprise involving so much effort and outlay being carried on for purely philanthropic and benevolent objects. The accumulation of wealth is such a prevailing passion that it seems almost incredible to the masses that a body of men and women could, for a long period of years, devote themselves to a work that did not have a money consideration in it for them.

The illustrations presented herewith will give the reader some idea of the material growth of the Battle Creek Sanitarium. Our limits forbid our presenting more illustrations. Suffice it to say, however, that from an original outlay of about \$25,000 the investment has increased to the sum of almost \$2,000,000, constituting, no doubt, the largest plant of its kind in the world.

When the great fire occurred in February, 1901, which consumed to ashes the main building, hospital and annex, there followed a short period of investigation into the affairs of the institution for the purpose of satisfying the public mind. A large public meeting was held in the city, at which an investigating committee of prominent citizens was chosen to look thoroughly into the character of the Sanitarium and its work, with the special object of ascertaining to what extent its work was philanthropic, and to what extent individuals were being benefited financially. The result of the investigations are summed up in the following excerpt from the report of the committee:

"The revelations made by our investigations have been a surprise to us. Not only were we personally unaware of the wholly philanthropic nature of the institution, under the law, but we were also unaware of the vast amount of charitable work performed by it, and the woe-

derful sacrifices made by the managers and employees generally. There are over eight hundred of these employees—physicians, nurses, helpers, etc. Dr. Kellogg donates to the Sanitarium all the services he performs for it, including all surgical and professional fees. He receives no salary or compensation whatever,

and treatment. This sum does not include discounts to ministers and missionaries or complimentary grants to individuals.

The net earnings are used in the liquidation of the indebtedness of the institution. In the erection and equipment of the present fireproof new building a large debt was neces-

to hear from him—that he did not care anything about the next world, so I said, "Mr. Beecher, let me see your tongue." He promptly put out his tongue and I saw just what I expected to see—a tongue coated all over with germs.

I said to Mr. Beecher, "I believe if your digestive organs were all right that you would not have these unpleasant experiences; that your mental state would be all right." He said, "You are entirely mistaken, entirely mistaken. I can digest anything."

Some two years after that he was stricken with apoplexy, and undoubtedly the cause of apoplexy was the same as that which caused the coated tongue. Now, I want to put this question to you: What must be the condition of a body which will produce such a state of mind as that? A man who was a born optimist, who was brimful of courage, power, intellect, activity, and ability, a man who was looked to by hundreds of thousands of people, confessing to me that every now and then he was in such a depressed state of mind that he didn't care about this world or the next. There was something abnormal about that man. He was not in a healthy state of mind. He was intoxicated with poisons. The condition of his tongue was an indication of it, but the condition of his mind was just as much an indication of it. If somebody had said to him, "Now look on the bright side; you are quite mistaken; you must educate your sub-consciousness," there would not have been any change in his body. It was not the influence of the mind upon the body that made him depressed, but it was the influence of the body that caused the coated tongue and the mental depression.

Now, there are thousands, yes, hundreds of thousands, of people who are living under a dreadful shadow all the time. They know nothing about what it is to be buoyant in spirit, they do not know what it is to be so brimful of life and sunshine and good spirit ~~th~~ it beams out upon their faces and shines upon other people. They are simply going through life under a shadow. Just think of it! How terrible it is to be trodden under



THE WATER CURE—1866.

and has not for years; on the contrary, he contributes annually from his private resources thousands of dollars. The large corps of physicians receive no professional fees, and only weekly wages so small that their services are practically a charity. This is also true of the hundreds of nurses and helpers. They are a band of sincere people conscientiously devoting themselves to a great work for humanity, and not for personal gain. . . .

"The more deeply we have gone into the investigation, the more convincing and overwhelming the proofs have become of the straightforward management, the lofty purposes, the widespread beneficence of the institution, and above all, of the personal devotion and wonderful self-sacrifice of the nearly one thousand persons employed in it, from Dr. Kellogg down to the youngest helper.

"Respectfully submitted,

S. O. BUSH,
I. L. STONE,
GEO. E. HOWES,
W. S. POTTER,
NELSON ELDRED,

Committee."

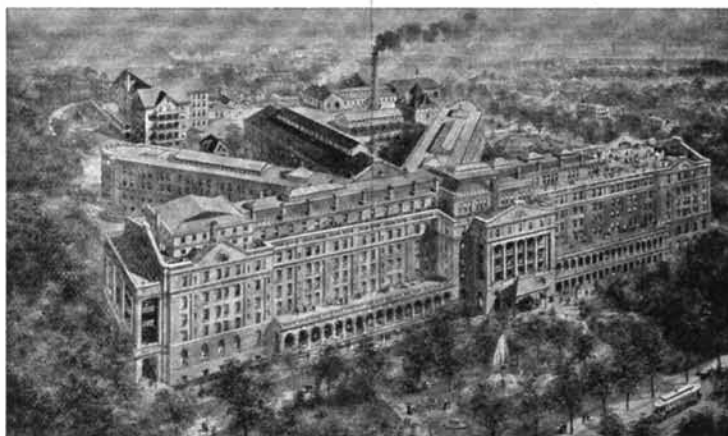
The gross receipts of the Sanitarium are, of course, considerable, but the expenses attending the work of the institution with its almost unlimited outlays, not only for the ordinary expenses of living and medical attendance, but for scientific, educational, and philanthropic work, form an amount that surpasses any estimate that the ordinary observer would place upon it. From the last published report of the institution we learn that the amount invested in the Battle Creek Sanitarium was, at the beginning of 1908, \$1,718,726.51. During the first eleven months of 1908 the gross receipts from patients and guests was \$654,326, and the net gain for that period was \$65,741, a trifle over ten per cent on the investment. During that eleven months \$40,815.35 was bestowed in charitable work upon indigent sick in board

sarily contracted. This is being reduced each year, and as it grows less, more and more of the earnings will flow out to the aid of a poor and suffering world.

A HEALTH SYMPOSIUM

(Continued from page one)

him." So I had the honor of meeting Mr. Beecher, and I had a very interesting conver-



BATTLE CREEK SANITARIUM—MAIN BUILDING, 1909

sation with him. Finding out I was a doctor, Mr. Beecher said, "Doctor, I want you to explain something. I think I have reason to feel that I have had a successful life; that I have about as much reason to be happy and contented as almost any one, and yet, every now and then, there comes over me a strange feeling. I almost feel as though I didn't care anything about this world or the next." I thought that was a very remarkable thing

foot by germs. Think of these little vagabond micro-organisms creeping into your system, and so overwhelming you with their toxins that you do not care whether you live or not, or what becomes of you in this world or the next! Now, there are hundreds of thousands of people being brought into this condition by toxins, by the products of putrefaction. Mr. Beecher was swamped with these toxins. There are hundreds of thousands of

people who are despondent and irritable because of it.

But we are to listen to Mr. McClure, of New York, whom I have pleasure in introducing.

MR. S. S. MCCLURE'S ADDRESS

Dr. Kellogg and I went down to Chautauqua and helped to organize a national association for health and efficiency. On my way back from New York two days ago I met Mr. James R. Garfield, who was a member of Roosevelt's cabinet, having charge of the Department of the Interior, and we were discussing the various extraordinary achievements in conservation that President Roosevelt started in this country, resulting in the collection of a great body of information on the saving of the forests and the lands for the American people—the most important work of statesmanship that has ever occurred in this country. One part of this conservation work was devoted to the study of the national health, and this work was put mainly in the hands of Professor Irving Fisher, of Yale University; and Professor Fisher was with us at Chautauqua and helped inaugurate this great movement, and delivered a very important address.

Professor Fisher came to this place four years ago a broken-down man. He spent four weeks at the Battle Creek Sanitarium and learned how to live. He examined the literature put forth here, and after he went back to his college he and his family followed the principles he had learned here, and I think they would now be considered the prize family.

Now, I have here in my hand a book, a government publication, issued under the authority of President Roosevelt, and giving the result of the investigations. Many people contributed to it, but it was compiled under the direction of Professor Fisher. I have ordered five hundred copies for myself, to give to my personal friends, and I would suggest to Dr. Kellogg that he get two or three hundred of the books.

Dr. Kellogg: We have them already on the way.

Mr. McClure: As most of you probably know, in the last fifty years there have been enormous advances made in saving human life. The mere discovery of vaccination for small-pox increased the average length of life three or four years. During the last twenty years many other antitoxins have been discovered. Yellow fever has been almost stamped out, and croup and diphtheria have lost a great part of their terrors. Almost all of these discoveries have dealt with what are known as acute diseases, and have saved the lives of many children, and thus have increased the average length of human life; but recent investigations show that human longevity, while greater in the average, has fallen off as people reach middle life. Every decade of the age of people the death-rate increases. Here in a table which Professor Fisher has prepared we find that the death-rate between the ages of five and nine, from 1865 to 1895, decreased 35.4 per cent; between the ages of forty and forty-nine, during the same period, it increased 8.3 per cent, and between the ages of seventy and seventy-nine it increased 17.1 per cent. So every decade, after people reach the age of forty years, they have less expectancy of life than they had thirty years ago; that is, they are not so healthy and do not live so long as they did thirty years ago. Now, the cause of this increased death-rate after forty lies in the fact that many of the diseases of later life are on the increase, and Dr. Kellogg showed this by some statistics in his lecture at Chautauqua. Diabetes, for instance, at the present rate of increase, will double in twelve years; other diseases will double in fourteen, eighteen

or twenty years, so that all chronic diseases will have doubled in a comparatively few years.

But during this time men have learned how to deal with tuberculosis, and now there is no reason why any human being should die with it if they find out soon enough that they have it. This book explains how they have learned to wipe out typhoid fever, and many such diseases. There are other diseases—arteriosclerosis, nephritis, diabetes, liver trouble,—which are increasing, and had it not been for the discoveries of certain men, there is no reason to doubt but what human life would have grown shorter and shorter, and people become more and more diseased until we would have become a race of degenerates, and in time have become extinct. The book shows how, by the use of clean water, we are able to wipe out typhoid fever; how we can get ahead of small-pox; and the marvelous achievements of our government in wiping out yellow fever in Cuba, reducing the death-rate there from 300 per 1,000 in 1870, and 639 in 1896, to 67.8 in 1898, and finally to 4.3 in 1906. This book goes on to explain how we have 3,000,000 people in this country all the time who are seriously ill.

Then there is a series of chapters on Alcohol and Fatigue, Tobacco and Fatigue, Diet and Fatigue, Exercise and Fatigue, and the Working Day. Now, I think that I have given you enough of an idea of this little book so that when Dr. Kellogg's supply gets here, you will be anxious to secure a copy.

As I understand this thing, after having been here only four weeks, the scientific world did not know the cause of the increased death-rate, of this enormous decrease in human longevity, until about ten or fifteen years ago. A few years ago it got into the newspapers that Professor Metchnikoff, of the great Pasteur Institute at Paris, who had made so many extraordinary discoveries for the prevention of acute diseases, had discovered the germ of old age, and published books on the intestinal flora, which is a very beautiful name for a very un-beautiful thing, and told how to destroy the germs which are destroying human life. In making studies over the world he found people lived longest in Bulgaria, and he found one of the chief articles of diet there was buttermilk, and that the ferments which make this buttermilk are very active in combating the putrefaction in the colon.

Then surgeons in France and England, realizing how much harm was coming to the human race from these putrefactive germs in the large bowel, took to removing the colon, in which all these horrible forms of disease are brought about.

The proper course of living had already been in operation at Battle Creek for years, but comparatively unknown to the scientific world until it was led to discuss the question by Mr. Horace Fletcher, who, at the age of forty-four, found himself a broken-down man. He began to masticate his food, and perceived, as he told us at Chautauqua, that a man has nothing more to do with his food after he swallows it; so if a man takes care to chew his food he has done all he can do, and the body should do the rest. So Mr. Fletcher began to chew his food, and chew it right, and when he had done this he had done all he could do. The result was an increase of strength and health, and after a time he was able to get the attention of the scientific world. Experiments were made at Cambridge and at Yale under Professor Chittenden, and a great body of new knowledge was discovered that fitted in with the theory of Metchnikoff.

Now, the result of the investigations of the great scientists and of the work on nutrition at Cambridge and Yale seemed to show that the cause of this great increase in the death-

rate was due to a diet too rich in proteins, or too much nitrogenous food. So the experiments made at Yale and other places have developed a school of scientists and experimenters who have found that when we eat meat we eat a great deal more protein than the body requires, and the putrefaction resulting from this excess of protein is what Metchnikoff sought to cure by putting in buttermilk after the meat. Professor Chittenden is not against the use of meat, but he says that all the meat a man should eat in twenty-four hours would be as much as you can find in a small lamb chop. By that means and eating other ordinary food you will keep down that enormous amount of nitrogenous food. A very distinguished opponent of this school was Professor Atwater, whom I knew for some years. He was the man who discovered food value in alcohol. Now, Professor Atwater, being an old investigator, did not take up with these new ideas, but claimed that the ordinary diet of the average man was probably right, and to the end of his life, which was undoubtedly shortened by his theories and practice, he held to the high-protein diet.

But in every single case where a man or woman has tried this diet, which is called the low-protein diet, they have benefited by it. I read in a book the other day where Charles H. Spurgeon said he had tasted no meat for seven years and was better for it by one hundred per cent. John Wesley did not eat meat for three or four years, and felt a great deal better for it.

Now, this book from which I have read and which is a general survey of the health of the whole United States, is a very valuable and important book for you to possess. Dr. Kellogg said he thought it was one of the most important publications in recent years, which reminds me that Professor Fisher said that the Battle Creek Sanitarium had made the most important contribution to human knowledge and to the human race of this time, and he said he was glad the great scientists of Europe had come to the point where they saw the soundness of these theories and practices, which had been in operation in this institution more than a score of years before the scientific men discovered the reasons therefor.

I asked Dr. Kellogg once what gave him the first idea of not eating meat, and he said it was the statement of the great anatomist and naturalist, Cuvier, who said that from a study of the human system it would seem that man was not a meat-eater, that man was meant to eat fruit, from the very equipment of his inside; and taking that as simple common sense and following the teaching of this scientist for nearly thirty years before the great investigators of Europe discovered this truth. Dr. Kellogg established this Sanitarium upon the sound basis upon which it now stands.

So, when these men worked out their various theories they were able to come out here to Battle Creek, this one place in the world, and find a backing for their theories, and find a long experience in carrying out their conclusions. Now, Professor Fisher did not say too much. It is impossible to overvalue the body of doctrine that will take a man in middle life and put his energies back where they were twenty-five years before; that will take an old man and make him fifteen years younger; and that will take a young man and give him an unlimited career. Any man who comes here from forty-five to sixty years of age, if he is in fair condition, may live to do the work of another lifetime. I told the people down at Chautauqua that these principles would enable them to do twice as much work in the world, and when we called for members, we got four hundred in five minutes, and the Chautauqua people found it so very interesting that they

invited us to come back every year for a week, and it will be called Health and Efficiency Week. Then the other Chautauquas will do the same thing; and Dr. Kellogg is going to put into the magazine, *Good Health*, all the best principles and discoveries, so that this very important knowledge will become more and more widely spread.

Dr. J. H. Kellogg: I notice here Dr. Levi P. Salmans, of Mexico. I was down in Mexico fifteen or twenty years ago prospecting for a place to start a medical mission, and after I got home I learned that Dr. Salmans was there. I thought I would start the first medical mission in Mexico, but he got there before I did. I was glad to learn from him that he had established a Sanitarium, and that the natives were greatly interested in it. I thought perhaps Dr. Salmans would speak to you about how the Battle Creek idea works in Mexico.

DR. SALMAN'S ADDRESS

I did not know until this afternoon that my name was on the blackboard, and I heard just this moment what I was desired to talk about, and so I have not very much prepared for you.

There are two kinds of Mexicans, the original Mexican and the modernized Mexican. The original Mexicans for the most part live away from the railroads, although a few of them live in Mexico City. If you see any of them walking down the street, you can tell that they are not very much modernized, because many of the women wear only two pieces of clothing. These two classes of people have very different habits with regard to eating, and very different conditions as to the consistency of their body, the strength and health that inheres in them. I want to tell you something about the characteristics of the original Mexican, the Indian, though he is really not an Indian after the order of our Indians, because he lived in cities, and practiced the arts and sciences, and cultivated the ground instead of hunting, roaming, and going to war; and to this day these people who live away from the invasion of modern ideas which came from Spain, eat chiefly Indian corn. Their diet is without much meat, and even if there is occasion for going to war they will take a bag of parched corn and march a month with it.

When one of these men or women come to me to have a tooth pulled I brace myself, get my best helpers, and set up my muscular system for a task. Only last April I performed an operation upon the soft tissues of one of these persons, and had good instruments, but pretty nearly failed to make any impression. I have great respect for that person. She is in Battle Creek to-day. I found that her grandmother is still alive, and more than one hundred years old.

Now, the other class of people we have there eat very highly seasoned food. These people do not like to eat at my table because they say the food is not savory enough, everything is flat. I have had very intelligent people tell me, although it took a large amount of trouble and a great deal of intimacy to get them to tell me such a thing, for they are the most polite people in the world, that after eating a meal at my house they had gone home and eaten another one. If they had used all the red pepper, all the green pepper, and all the black pepper you ever saw they still would be without enough flavor. They can combine their chili in such a way as to make very strong dishes. I can pull their teeth out, a great many of them in a minute. I pull them out with my little finger. The difference between these two classes of people is so striking that it ought to be convincing.

I have sat down to dinner many a time where they would bring on ten courses, and eight or nine of these courses would be meat

of some sort. First, they would bring in broth and then soup, both largely meat products. Then they bring on one kind of meat, and another kind, and at the very end they bring on frioles or beans, and that dish has so much meat-grease that I can scarcely eat it. The beans are first boiled until they are soft, then they are salted and mixed with an equal amount of lard, and cooked again, and seasoned with hot condiments until they are an abomination. And these methods of living produce a visible effect upon the health of the people.

THE SANITARIUM DISPENSARY

In connection with the work of the Sanitarium Dispensary we have been furnished with the following items of work for the month of July by Miss Isabel Mackeracher, the head nurse:

Inside work:

Patients enrolled	120
Consultations	380
Examinations	71

Surgical dressings	160
Office treatments	12
Operations	6
Bath-room treatments	448
Massage	6
Phototherapy	84
Swedish mechanical	15

Out work:

Doctors' visits	41
Nurses' visits	208
Families visited	38
Visits discontinued	8
New families on list	11
Total number on list (regular home patients)	82
Treatments given	38
Families assisted by clothing	25
Families assisted by food	14
Garments received	64
Garments distributed	62
Orders for food	14
Laboratory tests	46

"You can always measure a man by the things that provoke him to merriment."



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Three journals are published at the Battle Creek Sanitarium:

The Battle Creek Idea (Weekly)	\$1.00 per year
Good Health (Monthly)	1.00 " "
The Medical Missionary (Monthly)50 " "

These papers will be combined at the following prices:

Battle Creek Idea and Good Health	1.50 " "
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VOL. II SEPTEMBER 3, 1909 No. 39

THE CONSERVATION OF LIFE AND HEALTH

THE statement made by Mr. S. S. McClure in his speech before the Sanitarium family and published in this number to the effect that the measures of conservation instituted by ex-president Roosevelt was the most important work of statemanship of recent times, is worthy of general acceptance. The conservation of national resources in any country is certainly a wise measure, for the resources of a country form its sole asset both for power and permanence. In this country there has been from the first the most reckless and prodigal waste of natural resources. The public domain has been recklessly handed over to worthless or avaricious men. The precious timber contained in the most magnificent forests the world can show has been slashed down, burnt in great heaps, any way to get rid of it, or ruthlessly butchered by lumbermen and rushed to a glutted market, until there is almost nothing left. The land has been robbed and plundered by farmers who have been actuated by a purpose to get as much as possible out of it without doing anything for the land in return, until no small portion of this new world is already exhausted and barren. The beautiful and graceful game which once filled our woods, the birds and animals, innocent and harmless, have been slaughtered without let or hindrance; and so on through the entire list we have wasted and worse than wasted, those blessings with which our fair land was so richly endowed by a beneficent Creator.

We have, as a people, also been equally prodigal with the best of all our natural resources, the public health. Of course, the public health is composed of the individual health of which it is the sum total. In the abundance with which we are supplied in basket and store men have perverted many blessings into curses. Our fruits and grains have been converted into intoxicating and degrading drinks. Thousands of acres of our best lands have been devoted to tobacco. Millions of bushels of good corn have been fed to swine to be eaten in turn by human beings; and men have rushed along on a downward grade physically until we are but a weak and sickly remnant of the gigantic race that broke its way into this virgin continent.

While the conservation of forests and minerals and water power and lands is highly im-

portant for the future welfare of the country, the conservation of health is far more timely and important. The governmental powers are moving wisely in the suppression of tuberculosis, and in securing pure foods, in guarding the public health against the inroads of disease, both domestic and foreign, and against the wicked designs of unscrupulous men who, for a few pieces of silver, would sell to death multitudes of their fellow men. The general government is awakening to the vital facts with which we are face to face and is co-operating with the noble efforts of the small but growing army of devoted men and women who are striving to warn the public of danger and to point out the better ways of living.

The conservation of health and life is a work that appeals directly to every individual. Public health is not only a national asset, but it is by all odds the greatest of all earthly blessings to the individual. It calls for reform as much as do the waste of our public lands and forests. "Woodman, spare that tree," has become a national slogan. Let the necessity of preserving and promoting our health become as deeply impressed upon us.

For over thirty years the voice and influence of the Battle Creek Sanitarium have been exerted in favor of physical reform, in calling and pleading for the conservation of the health and happiness of our people. The measures which it has urged all these years, at first amid reproach and obloquy, are now endorsed and advocated by the great leaders and investigators in public economy. The Battle Creek Sanitarium is an acknowledged leader in the great reform for the conservation of health. The principles here advocated, the methods which are here employed, the instruction here imparted, are all of them such as tell for physical rectitude. It is a source of great satisfaction to stand in the front ranks of such a reform by the side of so many noble and intelligent workers who have given themselves to the highest interests of the race. It is gratifying to see those truths for which one has labored long recognized by an intelligent world and given their rightful place.

THOUGHTS

While Watching the Nurses Pass the Sanitarium Lawn

WATCH them as they pass before us,
Dresses striped with blue and white;
Caps and aprons look like snowflakes.
Ah, how pretty is the sight!

Eyes are bright, and faces glowing,
Voices mild, and tender, too;
Our hearts fill with admiration
As we see these nurses true.

This one leads so slow and kindly
An aged one with words of cheer,
Filling her worn heart with courage,
Winning back, for loved ones dear.

Watch that other wheeling softly
A patient with a pallid face

(Just from hands of skillful surgeon),
'Mid flowers and sunshine of this place.

The atmosphere is full of kindness,
Music, flowers, and Christian love;
No wonder that the great Physician
Gives his blessing from above.

God bless, we say, this institution,
Nurses, doctors, all within,
More and more as years are passing,
Thousands back to health to win.
MRS. A. M. LAKE, Passaic, N. J.

"I WANT another box of pills like I got for mother yesterday."

"Did your mother say they were good?"

"No—but they just fit my air gun."—*Fliegende Blaetter.*

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BATTLE CREEK IDEAS AT THE CHAUTAUQUA

Dr. J. H. Kellogg Gives a Lecture at the
Great Chautauqua Assembly at
Chautauqua Lake, Aug. 14

(From the Daily Chautauqua, August 15)

RACE degeneracy does not exist as shown by history. While in this country general longevity has increased, and mortality from acute diseases has decreased, thanks to public hygiene, there has been an actual increase in mortality from chronic diseases. The weak are being perpetuated to contaminate the race. The perversions of our civilization, air-tight houses, decay of the teeth, the "dirty habit of wearing clothes," the use of tobacco, tight lacing, improper methods of eating, and improper food are among the causes for this race degeneracy. Such was the general standpoint of Dr. J. H. Kellogg, of Battle Creek, Mich., in an address delivered in the Amphitheatre Saturday morning.

"We flatter ourselves," declared the speaker, "that we are growing stronger, that longevity is increasing, that through our public health laws we are conquering disease. It is true that general longevity is twice as much as it was two centuries ago. The result has been effected through the decrease in infant mortality, through the control of the great plagues such as yellow fever, cholera, even tuberculosis and pneumonia to some degree. There has been a decrease in acute diseases, but there has been an increase in chronic diseases, and the number of centenarians is diminishing in every civilized country. Dr. Kellogg showed a chart which proves that the expectancy of life after 40 years of age has actually decreased since the Civil War. The figures show the death rate per 100,000 of the population of Massachusetts in 1865 and 1895, for different periods of life:

Age.	Death rate.	Pct. of change.	
	1865	1895	
5-9	9.6	6.2	35.4 pet.
20-29	12.6	7.1	40.0 pet.
40-49	12.0	13.0	8.3 pet.
30-39	11.7	9.7	17.1 pet.
60-69	33.0	39.0	18.0 pet.
70-79	70.0	82.0	17.1 pet.
80-89	168.0	185.0	10.1 pet.

DEATH RATE FROM CHRONIC DISEASES

In a similar chart he showed the great increase in the death rate from certain chronic diseases in the United States from 1900 to 1907. At the same rate of increase, the death rate from the following chronic diseases will double within the following number of years: Heart disease, 18 years; Bright's disease, 28 years; apoplexy, 41 years; cancer, 33 years; cirrhosis of liver, 22 years; diabetes, 12 years; appendicitis, 38 years; congenital debility, 14 years; endocarditis, 24 years.

"The cause," said Dr. Kellogg, "for the great increase of these diseases is that public hygiene is keeping off the great plagues, and through interference with nature's law of the 'survival of the fittest' is keeping alive the weak and feeble, and they are contaminating the race." Personal and home hygiene, he asserted, must supplement public hygiene, adding that "it is no good to the race to keep alive the feeble if we do not help them to strengthen themselves." The result is, he asserted, that weak types of humanity are developing all the time. He asserted that the intermarriage of the deaf and dumb, and of the blind, who have been

sheltered in great institutions, is tending to produce a race of deaf and dumb, for the probability of these deformities is increased by heredity. Similarly, he asserted, we are developing a weak-chested variety of the human race, a portion of the human race with weak stomachs, or livers, or of diminutive stature, as well as those who are prone to consumption, cancer, heart, or nervous disease.

STARTLING INCREASE OF INSANITY

Referring to the great increase of insanity, the speaker asserted that if the present rate were maintained, in two hundred and sixty-five years we will all be lunatics and idiots. "The race is going down so rapidly," he said, "that we must give the matter of insanity attention. One-tenth of the people who die, die from tuberculosis, and because tuberculosis is preventable, the governments are taking it up." We are not altogether responsible for acute diseases, he declared, but chronic diseases are due to our own wrong habits. "We eat rheumatism at the dinner table," he said, "and indeed nearly all our diseases are due to mal-nutrition. Unless we change, we are a dying race. Forty million people are dying every year and nine-tenths of those deaths might be prevented. People do not die of old age now—they kill themselves."

This great increase in mortality from chronic diseases, was ascribed by the speaker to the perverted habits of our civilization. He declared that we must return to savagery, or at least as close as possible to the natural ways of life. One perversion of which he spoke was "our cave dwelling habits." "We are sorry," he said, "for our cave dwelling ancestors, but we have built holes for ourselves above ground, which are more air tight; our skins fade out, and our insides become sick." Tuberculosis he characterized as a house disease, and he referred to experiments on monkeys and rabbits which proved that tuberculosis cannot persist in an animal which lives out of doors. "We have created," said the speaker, "an air famine." This life in-doors, he asserted, decreases man's vital resistance, and opens the way to other diseases besides tuberculosis.

LOSS OF TEETH A MENACE

The loss of the teeth was asserted to be another of the evils of civilization. A census taken in the audience of at least a thousand persons showed that there were only six persons present who were willing to lay claim to thirty-two perfectly sound teeth. "If," said Dr. Kellogg, "you examined a thousand horses, and found only six with sound teeth, you would think that a measly lot of horses. Whenever there is de-

generacy of a race, biologists will tell you that it begins with a decay of the hard, bony structure of the body." The cause, he asserted, is not the eating of candy or any particular kind of food, but that the body having lost its vital force, the saliva loses its germicidal power, and the germs, to which the teeth are more exposed than the rest of the inside of the body, attack them.

"The dirty habit of wearing clothes" was also assailed by the speaker. "Of course," he said, "modesty compels us to wear them, but it is a dirty habit nevertheless." The skin of the savage, he declared, is disinfected every day, exposed to the sun and the air, but we put on tight, dark clothing, which keeps out both sun and air. The body at rest exudes about a pint and a half of perspiration, and in exercise, as much as two or three pints, an hour. "That is," he said, "the extract of the body." If the body be in perfect health, and sufficiently exercised, the perspiration will be sweet, and not ill-smelling. "The skin," he declared, "does one-fiftieth of the breathing, that is a half-hour out of the twenty-four, and if the skin is shut up so that it can not breathe when we lose that much. If you tried to shut off your breath for half an hour, think what would happen. We should wear loose clothing so that the air can get to our body as easily as to our face. Our houses should be made of glass, that the sunlight may penetrate to every part of them.

TOBACCO A POISON

The poisonous habit of tobacco smoking was condemned by the speaker. The consumption of tobacco in this country per capita each year, was asserted to be eight pounds, "enough to kill 10,000 cats." "A great many people," he said, "do not seem to have discovered that tobacco is doing them any harm, though every farmer uses tobacco to kill the ticks upon his sheep. Men say to me, 'Doctor, just as soon as I find out that tobacco hurts me I am going to stop,' but by the time they find it out they are wrecks. The body resists as long as possible, but when a man's resources are exhausted and he feels bad every time he draws his breath, he never can get well. He has lost twenty years of his life; and it is too late. He might almost as well keep on." One cigar, it was asserted, will increase the blood-pressure within thirty minutes, twenty points, or one-fifth or one-sixth of the normal.

TIGHT CLOTHING DANGEROUS

Just to prevent the women from feeling too good over this criticism of a masculine fault, the speaker then turned to a feminine fault which he asserted is unquestionably weakening

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the race, that is, tight lacing. "No woman," he said, "ever laced too tight; that is, according to her own confession." He spoke of a certain Parisian artist who refused to allow his model to wear corsets because it would injure her form, yet who would not have been satisfied unless his wife wore a tight dress. "We cannot have this deforming of the outside of the body," he said, "without deformation within." The liver, stomach, colon, spleen and kidneys are naturally above the lower line of the ribs, yet he showed by diagrams that the result of tight dressing is to force those organs below the line of ribs. He declared that a woman has naturally a larger waist than a man. "The reason is," he said, "that a woman's liver, and all her vital organs which are on the waist line, are larger than a man's because they must do the work for two."

Measurements of the two model statues, he declared, show that the Venus de Milo's waist is 47.6 per cent of her height, while the Apollo Belvidere's waist is only 45.7 per cent of his height.

NEGLECT OF MASTICATION

Two other great causes of race degeneration were mentioned by the speaker: improper eating of food and improper food. The neglect of mastication, he asserted, gives rise to intestinal auto-intoxication. He declared that the reform which Mr. Fletcher has instituted is one of the most important in all the history of civilization. The high proteid diet, with large quantities of meat and eggs, was condemned, and a diet of starch, fat, and salts commended. There is sufficient protein, he asserted, in a diet of ordinary bread, butter and potatoes. "It is a diet," he said, "that is clean and leaves the body clean." Improper food leaves the body weak to the attack of all sorts of germs, he asserted, and the result is white hair, weakening of the brain cells, hardening of the arteries, and deterioration of the muscles. "If our habits were right," he said, "even if disease attacked us, our vital resistance would be such that we would get over it."

"Little by little the time goes by—
Short if you sing; long if you sigh."

"OPTIMISTIC VOICES" is the title of a little booklet of seventy-two pages now going through its second edition. Its author and editor is Mr. O. S. Hoffman, well known at the Sanitarium as the "Black-board man." One part of his duties is to make out and publish the daily program, and he always accompanies his notices with well-chosen paragraphs and verses of good cheer, original or selected. These beautiful and striking selections attract the attention of all, and many of them have been collected in this volume. It is selling well. It drives away the blues and gives a cheerful aspect to the world generally. Sent by mail for 35 cents. Orders may be sent to the author at the Sanitarium.

FASTING FOR HEALTH A QUESTIONABLE PRACTICE

A Recent Death From Fasting. Lecture
Delivered by Dr. J. H. Kellogg

Aug. 9, 1909

(Reprinted from last week)

FASTING is starvation. If one does not eat, he will certainly die, because when he ceases to eat, he feeds upon himself. The food we eat is fuel, and the body is a furnace in which the fuel is burning all the time. A pound of bread eaten and consumed in the body makes as much heat as though that bread were put into a stove and burned there. Suppose you did not eat the bread; what would happen? You weigh yourself to-day, go without food, then weigh yourself to-morrow, and you will find that you have lost a pound or more. The body loses one-eightieth of its weight every day during fasting. If one weighs 160 pounds at the beginning of his fast, he will lose two pounds a day every day that he goes without food. That is the rate at which the body burns itself, if other fuel is not provided. So, though we do not eat, the body goes right on eating—feeding upon itself. So when one is fasting he is consuming his own flesh, and day after day he grows lighter and lighter, as his body is consumed.

The first thing to be consumed is the sugar that is in the system. A man has from half a pound to a pound of sugar stored up in his liver and in his muscles, and in the course of twenty-four to forty-eight hours, that sugar is all eaten up. The sugar is burned first, then the fat, and then the muscles and nerves. Last of all comes the brain. This has been found to be the order in which the body is burned up in fasting.

It is exactly like a fuel famine in the house. You have burned up all the fuel there is in the fuel box, and then what do you do? You go

out to the ash pile and sift it all over again and get out the unburned cinders and burn them. When the cinders are gone, you look around for dry-goods boxes, barrels, etc., and you burn them up; and when they are gone, you hunt up some old furniture that is pretty badly worn out and burn that. When the furniture is gone, you begin to take some of the wainscoting off, perhaps tear the casings off the windows and the doors and burn them, so that you will not freeze to death. In other words, you attack the house itself. Now, that is exactly what the body does when you fast. If you should go on tearing the walls, by and by the roof would fall in, and the end would be the same as though your house had caught on fire and burned up—it would be totally destroyed.

It is just as necessary for us to obey that law which says, "Thou shalt eat," as to obey the law which says, "Thou shalt drink water." There are instinctive laws within us that command us to do those things, and if we neglect to do them, we shall suffer dire consequences. When you are thirsty, that is the divine voice speaking to you to reach out and take water and drink of it; and when you are hungry, that is a divine voice saying to you to eat and live—eat the bounties which heaven has provided us to save life. And so when we feel the sensation of a need of air, that is a divine voice telling us to breathe; and to resist any of these instincts is a very unwise thing—I might say an immoral thing. You have no more right to say, "No matter how thirsty I am, I will not drink for a couple of days," than you have to steal. In doing so, you are disobeying a command of God that tells you to drink, because you need water; and when a voice speaks to us telling us that we should eat food, when we feel an appetite calling for food, that is a divine instinct, a divine law which is a command to us to eat; and we have no right to refuse to do it, because there is One who is a great deal wiser than we are who has charge of our bodies. The Maker of the temple in which we live presides in it and is directing it and protecting it all the time. A thousand things are being done, every mo-

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ment of our lives, to keep us in life. If any of those things should cease to be done, we should die at once. It takes the same power to keep a man alive that it did to make that man; and when the divine voice speaks to us and tells us what to do, it is our duty to do it.

There has somehow come down through the ages an idea that fasting is a virtue; that it is a divinely blessed thing to fast; that by fasting and abusing our bodies, we are courting favor with the Almighty. But I want to tell you that there never was a greater heresy than that. If you don't think I am right, I invite you to read the 58th chapter of Isaiah. "Wherefore have we fasted, say they, and thou seest not? Wherefore have we afflicted our soul, and thou takest no knowledge? Behold, ye shall not fast as ye do this day. . . . Is not this the fast that I have chosen? . . . Is it not to deal thy bread to the hungry?" Thus, the fasting which Heaven approves of is not going hungry, but it is to share one's blessings with those who have nothing. That is divine fasting. The idea that to weaken the body will bring a great blessing to us, either morally or physically, is a serious error.

FASTING MAY BE A BENEFIT

"But," you say, "have not people been benefited by fasting." Most assuredly people have been benefited by fasting. Here is a house in which the housekeeping has been so badly done that it has gotten into great disorder; there are heaps of dirt lying all about, the coal scuttle has been emptied in the parlor, and lots of ashes and cinders are lying underneath the piano, waste paper and rubbish are all over the house. A fuel famine would be the best thing in the world for that house. The people would gather up the dirt, put it on the fire and burn it up, and if they kept on long enough, the house would be cleaned up. So it would be a great blessing to that house to have a fuel famine.

And some people are in a similar condition. If you have been for years swallowing all sorts of food, and some things that were not food at all and never were intended to be swallowed, it would be well to have a house-cleaning. A certain senator in Chicago confessed that as nearly he could calculate, he had eaten eighty-six wagonloads more than he ought to have eaten in the course of his lifetime. He must have been most of this time in a condition where a fuel famine would have done him good, where fasting for a day or a couple of days, long enough to burn up the rubbish, would have been a good thing for him. But he learned to fletcherize, and ate less food, and that was just what he needed. Of course, there are conditions where the stomach can not digest and needs a rest, just as when a joint has been disabled, it needs a rest. But the body has the power to do a great deal of renovating in a short time.

Suppose, for example, a man has been eating beefsteak and has not eliminated the uric acid for a whole year. His kidneys have been overworked all the while, and he has accumulated ten grains of uric acid for every pound of beef steak he has eaten. Beefsteak and uric acid are almost synonymous with me. There are fourteen grains of uric acid in a pound of beefsteak, so there may be ten grains of uric acid left in the body every day. In a year, that would amount to 3,650 grains, which is practically half a pound, so a man in a year could store up half a pound of uric acid. Now, perhaps this man, when he realizes his condition, says, "Well, I have got so much uric acid in me I think I will take a fast," so he takes a fast, and reduces his weight, in the course of twenty-five days or so, forty or fifty pounds. In other words, he throws away forty pounds of good flesh in order to get rid of half a pound of uric acid. It is the half pound of

uric acid he wants to get rid of, and not that good flesh, unless he has too much of it. He does not want to get rid of good muscles; he doesn't want to get rid of any of his nerves, he wants more nerve energy and better nerves, but he does not want to burn them up. The question is whether he could not have gotten rid of that half pound of uric acid in a less expensive way.

This fasting to get rid of bodily impurities reminds me of the story of the origin of the roast pig, in which some wit ascribed it to an accidental conflagration. A Chinaman had his house burned up. The Chinaman's pig lived in the same house and was burned up too. When the man was looking through the embers, he accidentally got his finger into that roast pig, and it burned his fingers, and he put them into his mouth to ease the pain, and thus discovered the delicious flavor of roast pig. He said to himself, "Well, that is delicious; I never tasted anything so nice before." So he gathered his friends in and they had a great feast on that roast pig. After awhile they wanted another roast pig. So they proceeded to build a house, put the pig in it, and set the house afire, that they might have another banquet. So that went on for years—burning the house with a pig in it whenever they wanted a roast pig.

Now, that is exactly what the man does who fasts in order to get rid of uric acid. If that were the only way, it might be tolerable, but there is a more excellent and scientific way.

CUT DOWN THE PROTEIN

The food elements are carbohydrates, fats, and protein. The waste that we want to get rid of is not the carbohydrates, it is not the fat, but it is the protein in our bodies which is only partly burned, which is in a state of partial oxidation, and is a poisonous substance, that we want to get rid of. To do this, it is not necessary to starve ourselves for want of carbohydrates; it is not necessary to deprive ourselves of fat. It is only necessary that we should reduce the amount of protein. So what a man really wants who is supposed to need a fast, when he has a good stomach and there is no real reason for his fasting except to clear the impurities out of his body—what he needs is a protein fast, because protein represents the waste matters that he does not want. So if the protein is cut down to the point where he takes less each day than he needs, there will be a fuel famine so far as the protein is concerned, and the system will quickly gather up these unburned portions of protein, which contain the uric acid, and the tissues will soon be cleansed. That is the reason why the empirical doctors of Switzerland two or three centuries ago had such wonderful success with the grape cure. Grapes contain practically no protein. They have carbohydrates, but no fat and practically no protein; so the grape cure has been from time immemorial wonderfully successful in helping those suffering from biliousness and auto-intoxication. The peach cure and the apple cure are just as satisfactory and successful; and Linnaeus, the great botanist, tells us of the efficiency of the cherry cure. Nearly all fruits may be used as a means of protein fasting; and this sort of fasting is just as successful as any system of fasting or complete deprivation of food, and has the advantage that it is absolutely safe.

Now, the question is asked, Is fasting dangerous? Of course, it is dangerous if a faster fasts long enough so that the living house is attacked, so that the vital portions, the pillars which support the house, are burned. I may just mention a circumstance that happened recently. A gentleman came into my office the other day and said to me, "Doctor, I want to fast; if I can not fast here, then I am going where I can fast." I said, "What do you want to fast

for?" "Why," he replied, "I want to get rid of the impurities in my system, and I want to take a short cut. I want to get health; I want to get well quick, and if I can get well in two weeks by fasting, I am ready to do it, I want to do it."

"Well," said I, "suppose some one should come along and say to you, 'My friend, how would you like a thousand bushels of corn?' 'I should like it very much, corn is bringing a good price now.'"

"Now, if I could show you how to raise a crop of corn in two weeks, what would you give me?"

"Well, I would be willing to pay most any price; but you can not raise a crop of corn in two weeks."

"And no more can you be cured of an old, chronic, long-standing disease in which the body has become perverted and has grown out of shape, in which the liver has gone wrong, and the kidneys are wrong, and every organ of the body has grown into a disordered state,—no more is it possible to cure that body, to bring it back to a normal condition in two weeks, than it is to raise a crop of corn in two weeks; it can not be done."

We have got to get back to the original condition by reconstruction by growth, exactly as you raise a crop of corn. It is the operation of natural law, natural principles at work, God himself at work, and we can not hurry it. All we can do is to get obstacles out of the way and co-operate and help, so there will be nothing in the way of nature.

Perhaps there is a little biliousness, some poisons in the alimentary canal, a little stasis of the colon. If that is cleared out, and the source of the poisoning removed, the body usually will soon right itself, and what few poisons are left in the tissues will be quickly washed out. A little more water swallowed, a few sweating baths, a little more sunshine, a little hastening of the circulation, and the poisons are eliminated, and the patient then begins to build up a good, sound basis.

Last evening, one of my colleagues brought me word that a patient who was with us suffering from obesity, had a fatty heart, but was getting along very nicely, finally said, "I am going to take a fast, 'I believe fasting is what I need';" and his doctor, said to him, "Why, my friend, a fast will kill you, because you have a weak heart, you have fatty degeneration of the heart now, and a fast will still further weaken your heart. You must not do it. It is a dangerous thing for you." "Well, I am going away, then; if I can't fast here, I am going away." So he went away. He didn't go very far, but to-day it is announced that he is dead. He fasted twenty-seven days and died.

DON'T TEAR DOWN THE HOUSE

The purpose of my telling this is not to frighten anybody or to do anybody any injury in any way, but simply to impress upon your minds the truth of what I have been saying to you. Fasting is all right when we keep within physiologic laws and principles; but when we go to tearing the house down over our heads, go to setting the house afire and burning it up, we are doing violence to this beautiful edifice God has given us to dwell in.

This same thing has happened more than once before. I know of a patient's fasting four weeks, waiting for an appetite and for the tongue to clear off. The tongue did not clear off. The appetite did not come. The patient died. Post mortem examination showed no cause for death except starvation. No person should ever undertake a fast without the most careful medical supervision. By careful examination of the urine it is possible to tell the

point at which the waste products and residual tissue have been consumed and the attack upon the living tissues begins. A fast ought always to stop at this point. It is absolute folly to wait for the tongue to clear off and the appetite to come when the body is losing weight. The fact that the body is losing weight and that the patient is emaciated is evidence that the tissues require food. If there is no desire for food, it is an abnormal condition which ought to be corrected by other means than waiting. Procrastination is the thief of health as well as of time. Simply waiting cures nothing. A person who has a coated tongue and no appetite, and at the same time is below his normal weight and losing weight, needs treatment, not fasting. His alimentary canal is loaded with poisons. Bile, intestinal secretions, and products resulting from putrefaction have accumulated in his small intestine until the body is poisoned by the absorption of these poisons. Simply unloading the colon by means of the enema does not answer the purpose.

It was pointed out long ago by physiologists that autointoxication results from the putrefaction of undigested food-stuffs in the small intestine. There is comparatively little putrefaction in the large intestine. The chief difficulty is in the small intestine and the accumulations in this part of the intestine are not reached by the enema. Other means must be taken to evacuate the intestine, and when this is done, putrefactive materials pass away, the tongue clears off, and the appetite quickly returns. This can be accomplished in three or four days by proper means, far better and far safer than by a month's fasting.

When a man fasts, his muscles are, of course, greatly weakened. In a case we now have under observation in the institution, a lady who was a boarder fasted for nearly four weeks without consulting any one and without my knowledge. On investigation, when the case was brought to my attention, I learned that the lady at the end of the first two weeks found herself so weak that she could no longer wait on herself and had to get a friend to assist her. At the end of another two weeks, she had become so weak that she was wholly confined to her bed, and her heart had become very feeble and irregular in its action. She then became frightened at her condition, and called in a physician, and we are doing our best to save her life and hope to be able to

do so, but if she had gone on a little farther, it might have been too late.

A person who goes without food becomes weak; his muscles very quickly lose their capacity for work. How long, for example, would a man working in the harvest field be able to go on with his labor without eating? How long could a horse or an ox continue work without food? The muscles are necessarily weakened, for they depend upon frequent supplies of food for fuel to maintain the supply of energy which they are constantly pouring out, just as a locomotive requires a constant supply of fuel to keep up steam and enable it to do its work. It is not simply the general muscular system that is weakened by fasting. The heart is a muscle, the stomach and bowels are muscles, and the blood-vessels have muscular walls. The muscles, indeed, play a very large part in nearly all of the vital functions of the body. When a man fasts, not simply his legs and his arms are weak, but the heart becomes weak, the circulation is weak, and the strength of all the vital machinery is depleted. His ability to resist disease is lessened, just as much as is his ability to work.

Bacteriologists found out long ago that a starving pigeon could be infected with bacteria which had no effect whatever when the pigeon was well fed. The same thing is true of other animals. During the late war, men who were shut up in prison and subjected to meager fare became diseased. A man who is fasting becomes an easy prey to the bacteria which swarm in the intestines and with which every human being is constantly surrounded. Fasting must be recognized as a clumsy, unscientific and even very dangerous method of accomplishing what can be accomplished by safe, sane, and less inconvenient and unfortunate methods under scientific direction.

The fasting fad was first introduced as a systematic method in the treating of the sick by Priessnitz one hundred years ago. A rival of his located on the other side of the Graafenberg Hills, where Priessnitz established the first water-cure, had a rival scheme of curing people by withholding water. He subjected his patients to long and most severe sweatings every day, allowing only a very limited amount of water, barely enough to keep them alive. This method, he claimed, accomplished great cures. Certainly some people survived, and these were regarded as miraculous cures. They may possibly have been helped to some degree, but they might have been helped by other means.

ARRIVALS

The following is the list of arrivals at the Battle Creek Sanitarium for the week ending July 29: Meyer Liphitz, Ill.; Charles Wolohan, Mich.; Miss Maggie O'Brien, Mich.; John H. Wilson, Kans.; Miss Kate Penny-packer, Va.; Dr. C. W. Snyder, N. Y.; Miles S. Howe, Fla.; J. Williamson, Mich.; L. O. Slater, Mich.; Otto Jones, Ind.; Mrs. J. B. Meyler and Miss Marjorie Meyler, Ky.; F. Julius Von Berman, Ill.; J. B. Cranfill, Tex.; C. W. Mills, Ala.; J. W. Leslie, Ind.; J. H. Halliburton, son and nurse, Miss; Capt. H. L. Taylor, Mrs. J. P. Moore, Jr., and Mrs. N. E. Warren, Miss.; L. W. Stanton, Ohio.; S. B. Chambers, Mich.; R. E. Hart, Mich.; Mrs. E. Frambach, Mrs. H. A. Frambach, Mich.; Samuel Redmoor and wife, Mo.; Jno. E. Redmoor, Mo.; Dr. W. N. Haynes, wife and daughter, W. Va.; Mrs. L. C. Clause, Miss.; Mrs. Hoover, O.; Mrs. M. D. Seales, Tex.; Herbert Seales, Tex.; Sol. P. Gruhn, N. Y.; Gale Schiefel, Mich.; W. A. Bowrie and wife, Tex.; W. T. Willey, Miss.; A. G. Byrne, Miss.; C. R. Anderson, Minn.; Mrs. H. C. Truce, Ill.; Bessie Truce, Ill.; Miss Mattie Duncan, Ill.; Miss Mabel Brym, Ark.; Mrs. I. C. Kelley, Tex.; Dorothy Kelley, Tex.; R. F. Neeler and wife, and Miss Arneson, Minn.; Mrs. Ella Garber and Jefferson Garber, Ind.; Mrs. S. A. Henderson, Miss.; Mr. W. D. Wall and wife, Miss.; Mrs. Grace Banks Griffith, W. L. Watson, James N. Nelson, M. D., O.; Emmett S. Leary, Ind.; Geo. Leary, O.; A. M. Leach, O.; Harry T. Hedges and wife, Ia.; Mrs. L. L. McCauley, Ind.; Harry Gilbert, Ind.; J. S. Rothrock, Ind.; S. Schmidt, O.; Geo. Arneson, Jr., S. Dak.; Mac Blumberg and son, Ind.; Samuel Ridenour and wife, Mo.; John Ridenour, Mo.; J. C. Pugh, La.; J. W. Hutchinson, Mich.; Walter R. Parker, M. D., Mich.; B. Anderson, O.; Mrs. Staadecker, Ind.; Miss Ida M. Hendrich, Mo.; Mrs. C. M. Blackman, Tex.; B. F. Methven and wife, Ill.; E. R. Handeseaut, Mich.; Mrs. O. P. Robb, Tex.; M. P. Wallace, Mich.; Mrs. J. T. Thomas, nurse and baby, and Wilmer Thomas, Miss.; Robert C. Lyon, Ill.; H. W. Bremer, Pa.; Sol. Dalkowitz, Tex.; Benj. Russell, Ala.; F. A. Pratt, M. D., Mich.; L. W. Pitts and wife, Mich.; Mr. and Mrs. G. M. Brunsfield, Tenn.; Mr. and Mrs. Geo. H. Lill, Ill.; G. W. Bryan, Ia.; M. Lason, Mich.; Richard Cronin, N. Y.; O. R. Mummert, O.; Mrs. J. L. Hill, Ill.; Thomas Harsch, Ia.; Mr. and Mrs. G. Lambrath, Ill.; John C. Schedd and wife, Mich.; C. J. Hodge, Ga.; Mrs. Malvern W. Iles, Cal.; Jas. R. Deason, Tenn.; Mrs. H. C. Tyrrell, Okla.; Mr. and Mrs. J. M. Cooper, O.; N. S. Grossman, O.; O. N. Carter, Ill.; Adam Long, Mo.; Oscar J. Weber, Mo.; Roger S. Baldwin, Conn.; Mrs. H. R. Wedekind, Ky.; Miss Susie Williams, Tenn.; Miss Sallie Williams, Tenn.; A. G. Brown, Ill.; Dr. L. Brown, Ind.; Mrs. L. M. Brown, Ind.; Miss Minnie Rosenstein, N. Y.; H. E. Platt, Pa.; C. Hilda Spiegel, Ind.; Mrs. S. A. Powers, Ind.; Ruth Powers, Ind.; J. S. Glass, La.; Geo. G. Boleman, Calif.; Price Cross, Tex.; Mrs. A. L. Tucker and daughter, Ill.; Mrs. Griffin, City; B. Lehman and wife, O.; J. S. Allen, Tenn.; Miss Jean Allen, Tenn.; Mr. and Mrs. Edgar A. Bancroft, Ill.; Mrs. Adam Conaway, O.; J. W. Hopkins, Wis.; Miss Mary B. Smith, Ky.; Mrs. H. J. Gilbert, Mich.; J. H. Schaumlee, Ind.; E. O. Bender, Ind.; A. M. Wolensky, O.; Miss Hazel Carnig and maid, Ill.; J. A. Ketring, wife and daughter, Ind.; D. R. Beatty and wife, Tex.; Geo. H. Jeffries and wife, Ill.; Mr. and Mrs. F. B. Martin, Tenn.; Master F. B. Martin, Jr., Tenn.; J. L. Lincoln, Ill.; J. A. Wilkott, Ill.; H. A. Wood, Tex.; Mrs. J. O. Wood, Minn.; H. B. Brown, Ind.



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PERSONALS

B. Schmidt, of Wapakoneta, O., is among the recent arrivals.

Doctors Johnson and Stoner are spending a few days at Mill Lake.

E. M. Sims, of Detroit, Mich., is a newly arrived guest at the Sanitarium.

Geo. S. Lill and family, of Chicago, Ill., are spending a few days with us.

J. R. Dearson, of Trenton, Tenn., is among the recent arrivals from the South.

N. L. Grossman, of Cleveland, O., has returned to the Sanitarium for further rest and treatment.

Miss Mabel Woodside, of the A. M. M. College, has gone to Lake Geneva for a three weeks' outing.

Miss Irene Brandt, of Oakland, Calif., is spending a few days with us resting and visiting old friends.

Rev. L. Brown, of Indianapolis, Ind., is again with us, taking a course of treatment and visiting old friends.

Miss Anna Scott left last week for Alberta, Can., where she will visit relatives and friends for the next few weeks.

Miss Myrta Reid, of Kansas City, Mo., has returned to her home after spending several weeks at the Sanitarium.

Miss Lou Cramer, formerly of the Record Office, has been spending the past week in the institution, visiting old friends.

Dr. John H. Hopkins, of Madison, Wis., formerly gymnastic instructor in the Battle Creek Sanitarium, spent a few days in the institution last week, visiting old friends.

News Notes

Mr. and Mrs. Samuel Ridnor, of Kansas City, Mo., are among the returned patients at the Sanitarium.

Mrs. J. T. Thomas, of Grenada, Mo., a former patient of the Sanitarium, is again with us taking needed treatment.

Miss Genie McAdams, formerly of Honolulu, now of Chicago, visited her friend, Miss Zahn, at the Sanitarium last week.

We are very glad to have with us again an old friend of the Sanitarium, Mrs. L. L. McCamly, who has for some years been engaged in missionary work in India. She brings with her a bright little Indian boy.

On the afternoon of August 26, Doctor Kellogg entertained a number of physicians and nurses and their friends at a corn roast. After partaking of the luscious roasted cereal and other good viands, Doctor Kellogg extended to his guests a hearty welcome accompanied by words of appreciation. All heartily enjoyed the occasion.

Dr. W. N. Haynes, of Boomer, W. Va., with his wife and daughter, is stopping at the Sanitarium, Mrs. Haynes being seriously ill.

Rev. L. C. Randolph, of Alfred, N. Y., an old friend of the Sanitarium, is expected to be with us soon, at which time he will deliver a stereopticon lecture on the theme "That Delightful Fellow, the American Boy."

Her many friends will be interested to learn that Miss Beth Taylor, formerly a head nurse in the Battle Creek Sanitarium, more recently of Loma Linda, Cal., is married to Mr. Bremmer, of the Loma Linda Sanitarium.

Professor R. E. Hieronymus, president of Eureka College, is expected at the Sanitarium next week, when we shall hear again from this delightful speaker on his interpretation and criticism of literature and its writers.

Mr. Donald MacGregor, of Toronto, co-laborer with Mr. McDonald, was at the Sanitarium on the evening of August 31, where he gave one of his delightful social recitals. Mr. MacGregor, like Mr. McDonald, is a famous baritone singer, and pleased his large audiences with his voice and culture.

Mr. Horace Fletcher is again visiting the Sanitarium and addressed the family on the evenings of August 30 and 31 on his favorite topic. The chapel on the first evening was crowded to its fullest extent, and a still larger crowd attended in the gymnasium on the second evening, as Mr. Fletcher's words are always received with great interest at the Sanitarium. A report of the addresses will appear later in these columns.

WATER SPORTS AND CONTESTS

THE outdoor gymnasium of the Sanitarium presented a striking scene on the evening of August 28, the occasion being a series of swimming exhibitions and contests, and the participants employees of the Sanitarium. The affair was promoted and arranged by Mr. Richard Cronin, of New York, and other guests.

In addition to the electric lights the grounds were beautifully adorned with Japanese lanterns. Seats were arranged around the large swimming pool for five hundred people. The orchestra was in attendance. The exercises opened by singing "The Star-Spangled Banner" by the entire audience. The committee in charge of the exercises consisted of Howard E. Schaff, of Cornell University; Mr. Richard Cronin, prominent in athletic circles, and Mr. Charles Haylock. These gentlemen acted as judges of the races. Cash prizes for the successful contestants were provided by the guests of the Sanitarium.

Mr. Haylock was the leader in the exercises and the recognized champion swimmer, not only of the Sanitarium, but of the State of Michigan. His performances on this occasion were brilliant, winning for him well-deserved applause.



TWO COURSES IN DOMESTIC SCIENCE

The One-Year Course, intended especially for Matrons and Housekeepers or for those who desire it for its educational value, includes General Cookery, Invalid Cookery, Institutional Cookery and Practice Cookery, Anatomy and Physiology, Household Chemistry, Home Nursing, Household Microscopy, Household Economics and Household Architecture, Sewing, Medical Dietetics, Theory, Table Service, Physical Culture, etc.

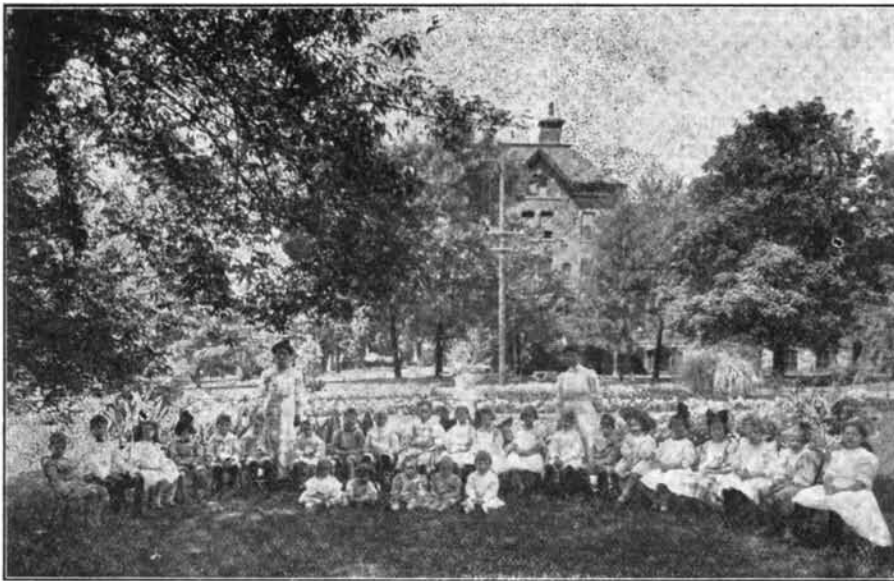
The Two-Year or professional course, intended especially for Dietitians, Lecturers, and Demonstrators, includes all the studies of the one-year course, and in addition Advanced Chemistry, Advanced Physiology, Sanitary Science, Bacteriology, and Hygiene, and Advanced English.

ONE SPECIAL FEATURE of this school is that students are given an opportunity to meet a large part of their expenses by work along lines which aid them in their studies.

Fall term begins Sept. 7, 1909. For particulars apply to—

**The Battle Creek Sanitarium School
of Health and Household Economics**

**BATTLE CREEK
MICHIGAN**



OUR KINDERGARTEN

THE Sanitarium Kindergarten and Summer School was organized especially for children of guests and patients visiting the Sanitarium, who require rest and treatment, and who, with the care of their children, would not be able to take it. The school has met a great need, for there was absolutely no place for the little ones. The Sanitarium is a place for rest, and children therefore can not be allowed to play in the halls and around the building, as they

would disturb the sick people. The school has been in session this year since June 21st, and will close about the middle of September. The number of children has been larger than ever before and the school has been a boon to patients and children.

The object of the school is to supply the children with intelligent occupation and amusement. The following program will give an idea of how the days are spent: The children assemble at nine in the morning, and after short morning exercises are taken to the

swimming pool where they receive instruction in swimming, the very smallest going into the pool. This is one of the greatest pleasures of the day. From 10:15 to 11:15 three times a week the older children go to the cooking-school where they are instructed in the art of cookery, and thus early become acquainted with the Sanitarium principles of diet, etc. The next hour is spent in the gymnasium where they are taught club swinging, drills, and dumb-bell exercises, always finishing up with games.

This takes up the whole morning. The children are dismissed at 12:45, returning again at two o'clock. Then tables and chairs are brought out on the lawn. The little ones have their various kindergarten occupations. The older children have sewing, painting, drawing, basket weaving, or they tend their gardens, or are taken for a romp in the woods. Games are indulged in during the afternoon, and at 5:30 the children are dismissed for the day. In connection with the Kindergarten and Summer School a Sunday School is conducted which has been especially well attended, and great interest is taken in it.

Children from three to twelve years are admitted. The terms are \$1.00 per week.

"FORGETFULNESS and forgiveness are like two surgeons treating the same wound; one would heal with a scar and the other without."

"Do not hold health a secondary matter, subordinate to business, subordinate to pleasure. Business and pleasure are at its mercy in the long run."

BATTLE CREEK SANITARIUM SCHOOL OF PHYSICAL EDUCATION

Special Summer Course now in Session, until September 10th, 1909

The Board of Directors of the Battle Creek Sanitarium have organized this school in order to crystalize the work in Scientific Massage, Swedish Gymnastics, Manual Movements, and general educational work along the lines of right living. This work has been carried on continuously for more than thirty years in connection with the gymnasium, lecture and class work for the patients, nurses, students, and general help of the Battle Creek Sanitarium. The summer course is especially adapted to the convenience of teachers, university students, and others desiring a change of vocation and rest, while at the same time earning their expenses and pursuing a profitable course of study.

The following subjects are given: ANATOMY, HISTOLOGY, PHYSIOLOGY and HYGIENE, HYDROTHERAPY, MASSAGE, FIRST AID and EMERGENCY NURSING, DIETETICS, PHYSICAL DIAGNOSIS and ANTHROPOMETRY, GYMNASIAC NOMENCLATURE and TACTICS, GENERAL GYMNASIACS and MARCHING, MAT WORK and TUMBLING, APPARATUS WORK, WRESTLING and FENCING, CORRECTIVE EXERCISES and MANUAL SWEDISH MOVEMENTS, and ATHLETICS and FIELD WORK.

The tuition for the ten weeks' course is \$20.00. By working from three to six hours a day, each student will be able to pay practically all of his running expenses. An opportunity for such work will be offered in the various departments of the Sanitarium.

The regular school year opens October first, and running to June first, nineteen ten.

Any who are interested will be sent illustrated announcement with further details on request. Address,

The Battle Creek Sanitarium School of Physical Education
BATTLE CREEK, - - - MICHIGAN

THE BATTLE CREEK IDEA



II No. 40

BATTLE CREEK, MICH., SEPTEMBER 10, 1909

Price 2 Cents

NOT A PLEASURE RESORT; IT WORKS ALL THE YEAR

The Sanitarium Exists for Serious Business and Keeps Right At It Winter and Summer

THE Battle Creek Sanitarium was never advertised as a pleasure resort. It does not exist as a place for amusement merely. Hundreds of people come here at all seasons of

HOW TO PROMOTE THE DIGESTION AND NUTRITION

Horace Fletcher, Eminent Dietitian. Tells How We May Prepare Food for Assimilation in the Mouth

A lecture at the Sanitarium Chapel, Monday evening, August 30, 1909, by Mr. Horace Fletcher, Dr. Kellogg, presiding.

DR. KELLOGG: You do not need to be introduced to Mr. Horace Fletcher, or to have

HEALTH AND EFFICIENCY VS. AUTOINTOXICATION

Dr. Kellogg Tells Sanitarium Guests How to Live for Efficiency and Good Looks

I AM glad to look into your happy faces once more. An Eastern gentleman who is well known throughout the country, said to me the other day, "Doctor, where are your sick folks?"



GRADUATING CLASS OF THE BATTLE CREEK COLLEGE, PREPARATORY DEPARTMENT. PROFESSOR KIRBY IN CENTER.

the year, and the summer months are especially busy months for the institution; but the business and purpose of the great institution is not to furnish amusement for idle folk, but to afford to its patrons real genuine pleasure in restored health and strength, in better ways of living, and consequently happier homes and lives. To be sure, many people come here who are not particularly ill, but who, perhaps, need a season of relaxation and rest, and perceive in the pleasant and quiet associations of this place, in the diet and the treatments, in the lectures and instruction that are always accessible, the most agreeable and profitable opportunity to be found. And many

(Continued on page three)

him introduced to you, for the whole world knows him. Mr. Fletcher has very kindly consented to talk to us to-night upon his favorite theme, Fletcherism.

MR. FLETCHER: I can not tell you how much pleasure it gives me to be here to-night and to see the interest in the question of health and efficiency which is evidenced by this large audience. I have just come from the parent Chautauqua at Chautauqua Lake, New York, where, during the two months' season, we have had upwards of forty addresses, and always to large and very interested audiences. Dr. Kellogg is kind enough to say that I am a drawing card. That I must deny, because

(Continued on page five)

I have been all through the Sanitarium; I have looked over the dining-room, and from the way those people were eating, certainly they could not be sick; I was out on the lawn and along the porches, and really they are the finest lot of folks I ever saw in my life. Where are the sick folks?" I told him we kept the real sick ones out of sight until they were presentable and good looking, and then we brought them out. I certainly have never encountered anywhere in my life a handsomer lot of people, nor a better natured lot of folks than we have here. I was at a hotel the other day, and as I looked over the people at the dinner table, they certainly were not as good looking or as healthy looking people as we

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VOL. II SEPTEMBER 10, 1909 No. 40

MR. HORACE FLETCHER AND HIS DOCTRINE

THE theories advanced by Mr. Fletcher are surprising and even startling. There is nothing in them to cause alarm, but they contain a revelation that is calculated to arrest the attention of the people of this generation. Probably his words would not be received with the same credulity they now are but for the fact that he himself is the visible, tangible proof that his teachings are correct. Then, too, he has consistency and science on his side, and is able to confirm his own experience by that of many others who have reaped benefit from carrying out the teachings.

We are not fully prepared to agree with his statement that upon any other subject he would be commonplace and unattractive as a speaker, for, though his manner of address is of a quiet and unimpassioned nature, his personality and candor are impressive. His clear and strong conviction and perspicuous diction would class him among the most effective speakers; though it is true that it is his story and his philosophy that distinguish him.

Briefly stated, his theory is that the perfectly normal appetite is a safe and competent guide in the selection of the diet as to kind, quality, quantity, and frequency of food supply. He also claims that the proper mastication or chewing of the food would restore the appetite to a normal state. So that if one desires to eat that which is best for him he has only to follow his natural instincts. We should emphasize the term *natural*, and draw a sharp distinction between a natural and a perverted appetite. The man who follows his own inclinations as to what and how much, and when he should eat, is not necessarily guided by a normal appetite.

The fact is, that there is a wide difference between the normal upright man that God made in the beginning and the average man of the present day. Thousands of people are following their appetites down to ruin at present; but no one will claim that theirs is a normal appetite. And the chief point of incredulity is that of the perverted appetite being thoroughly regenerated by the process of chewing. There is no room for doubt that the reckless manner in which people bolt their food has had a most demoralizing effect upon the health and morals of the world. It destroys the better judgment and degrades manhood to a low level. The formation of correct

habits would therefore be the first step, if not the whole thing, in the work of reformation. One effect which we apprehend this first step would have upon the individual would be to awaken his sensibilities, and arouse his conscience. It would cause him to reflect and enlist his reason so that the function of eating would not be a merely animal performance, a hasty grab game for that which pleases the palate, but a feast in which conscience, reason, intelligence, and experience unite in enjoying to the utmost. Under such espionage there is no doubt that appetite would soon become a reliable monitor, a competent guide.

Life has its moral and intellectual aspects in its every phase, and a person who places himself in harmony with right principles will be taught not by instinct only but by inspiration. But inspiration has no chance in a man who is controlled by perverted instincts. So that we may conclude that this remarkable transformation revealed in the experience and teachings of Mr. Fletcher, which is certainly nothing short of miraculous, is one in which a man's reason and conscience is co-operating with his physical nature in placing life upon a perfectly natural basis. The healing power is in the body rather than in the remedy. All that a remedial agent or act may do is to remove obstructions and open the way for natural operations. Then healing follows. So in the correction of bad habits, the remedying of which, backed up by our better and higher consciousness, gives nature a chance to assert itself and to establish life upon a better basis.

The opening of the year's work of the American Medical Missionary College will be marked by a public meeting on the evening of Tuesday, September 14, and regular school work will be taken up on the following day. The meeting will probably be held in the chapel. Dr. C. C. Creagan, secretary of the American Board of Commissioners of Foreign Missions, will deliver the opening address.

BATTLE CREEK SANITARIUM PREPARATORY DEPARTMENT

An Open Door for Earnest Young Men
and Women to Future Usefulness.
Education Without Money

THIS school is under the patronage and control of the Battle Creek Sanitarium and is operated solely for the benefit of the employees of that institution. A constant effort is put forth to encourage young men and women to improve their minds and while working with their hands also to store up that knowledge which will be of use to them and will serve to enlarge their spheres of activity.

The school is practically in operation the year around, and yet the school year is marked off into periods. The first semester of the present year opens September 22 and closes February 9. The second semester opens the following day and closes June 22, and the summer session covers the interim.

The faculty of the school is as follows: Emery D. Kirby, A. B., Principal, Latin, German, and Mathematics; Miss Allie B. Dealing,

B. S., English and History; Hervey S. Kelsey, M. D., Physics; Elizabeth Turkleeson, Chemistry; Alonzo T. Jones, Christian Evidence; and Albert S. Coulteron, French.

The primary purpose of the school is to prepare students for college and particularly for professional courses, either as physicians, nurses, or any of the technical schools operated by the Sanitarium.

The daily schedule is arranged to meet the convenience of those who are called upon to labor during the day with their hands. Classes day, and in the evening, and at such other times as meets the requirements of the students.

No attempt is made to solicit patronage outside of those who have a sincere purpose to devote their lives to some branch of Christian service. Reference is given to those whose success requires them to work to pay at least a part of their way. Missionary aims and purposes are held up as the desideratum. Students may enter the school at any time, may take the studies of which they are especially in need; still it is better as far as possible to enter at the beginning of one of the semesters. At the completion of the course students receive a diploma which is recognized by colleges and by State boards of registration of medicine as meeting their academic requirements.

The school is thoroughly equipped with laboratories and apparatus for scientific study and investigation. Large libraries are accessible to the students. The expenses of the school are made as low as possible. As the school continues during the entire year, a four-year course can easily be finished in three years. Students receive medical advice free, and in case of sickness they are nursed at a very moderate expense. Unusual advantages are enjoyed by the students in the way of

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lectures and addresses by prominent people who are continually visiting the Sanitarium. Many of these are free and the charge to students is never more than a nominal sum.

The presence of any undesirable character would be dispensed with at once. No rudeness or ungentlemanly or unladylike conduct is tolerated, and we are glad to say that so far no discipline committee has been found necessary, and not a single student has been dismissed from the school for unbecoming conduct. We are favored with an earnest, conscientious class of students who realize their opportunities and are striving to make the most of them.

Inquiries in regard to the school will be cheerfully answered, and letters may be addressed to the principal.

HOW TO PROMOTE DIGESTION

(Continued from page one.)

I assure you I could appear with any other subject that I know of and not interest people at all. It is a subject in which we are all interested, because it relates to our welfare, our happiness, to the most intimate of our life interests. At Chautauqua, at the close of Health and Efficiency Week, a mass meeting assembled under the chairmanship of President Vincent, of Chautauqua, and we established the nucleus of a Health and Efficiency League. A large number of persons indicated their interest in the subject, and there is no doubt in my mind but what it will be the next great movement of humanity towards realizing their natural heredity, which is constant good health and a very much higher efficiency than is now enjoyed by the average of mankind.

During the past ten years we have carried on a number of experiments with the purpose of discovering possibilities of improvement through various means. We all know that during the latter part of the last century great attention was paid to the realizing of our material resources. Enormous progress was made until it was possible to grow twice the amount of wheat upon an acre that formerly was the case. We were also able to get twice the amount of milk and cream from herds that we formerly did. And in the realm of invention and discovery, we have conquered the air, we have conquered all the inanimate forces of nature; and now, having sought happiness and wealth in these directions, we are turning to see if we can not put ourselves into a condition to enjoy our luxuries better than we have been.

I have been interested in this movement from the beginning, and was fortunate enough to fall upon the discovery of something that had been so close under my nose for fifty years that it had not been noticed at all. And I found that it had practically escaped the notice of the medical profession. It was the first three inches of the alimentary canal, which you may call the corridor of the subject of digestive efficiency. In seeking knowledge of the subject of digestion, science had overlooked that small but important section, and had gone into the interior of the subject; and when I came to look for what information

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was printed on the subject, I found that some 2,500 to 3,000 pages of small print, quarto, had been devoted to speculation relative to the thirty feet of alimentary canal lying beyond, and only a few pages, not more than two chapters altogether, devoted to the important part which covered human responsibility.

Dr. Van Someren, my colleague and son-in-law, has rendered great service in this study by separating the responsibilities in this matter of human nutrition. He calls it the voluntary and the involuntary digestion; the vol-

untary portion all occurring, then, within these two or three inches of the alimentary canal, and nature accepting the responsibility of the thirty feet lying beyond. If we do our part well, if we do it faithfully, if we do it even respectably, nature will do all the rest aright. But we have been neglecting our portion. In seeking to locate and concentrate our responsibility in the matter, we have been looking for all sorts of phrases or suggestions that would simplify the matter in the mind of the layman to induce him to stop searching about all over his body for symptoms and reasons,



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causes and effects, and to concentrate where nature has intended that his responsibility should rest. Henry Mills Alden, the veteran editor of Harper's publications, in introducing me to an audience near New York recently, gave us a new definition or illustration which it is of value to remember. He said it was not often given to a man to give his name for the purpose of verb-making and noun-making in a language. He knew of but one American who had done so, but in Europe there were many,—there were Pasteur, and Mesmer, and Boycott, and others, and one especially, a certain Monsieur Guillotine who had invented a machine for the shortening of human life; whereas, the speaker of the evening had invented a method whereby we might prolong the human life—two quite different things. And consequently, it being a picturesque allusion, we say that all of the responsibility in the matter of nutrition lies above the guillotine line, and we need not think of the rest of it below except as an efficient machine with which to accomplish the purposes of our digestion if we will only faithfully perform our responsibility above the guillotine line. And that responsibility is comprised in two details,—the mental and the dental, with the dental purely subservient to the mental. I have been dignified as the "chew-chew" man, because I have insisted that mastication was necessary to attain and maintain right digestion and right nutrition; and that is quite true, because that had been sadly neglected, and neglected for many reasons. But I have insisted upon dental care, because it is the facile but not altogether necessary servant of the mental process which is the true guard and guide in nutrition.

If we have no teeth at all so that we are compelled to suck nutriment out of the food, as babies are compelled to do, we are much better off than as if we have teeth which are painful to use, and which lead to the bolting of food to escape the use of them. Consequently, let us call chewing, while a very useful process in attaining and maintaining right nutrition, as not absolutely essential, but it is essential that we should get all of the good taste there is in food out of it in the mouth, and for reasons which I will explain.

In the first place, nature has bunched above the guillotine line, not only all of our responsibilities in this matter, but all of the senses which take cognizance of the process. Taste and odor, and all of the felicitations of eating are felt and enjoyed above the guillotine line; and if we become so thoroughly epicurian, whether it be from selfish motives, or whether it be in order to effect our higher, our better efficiency, we are accomplishing a purpose which nature has given us to perform, and this is a beneficent purpose, because the more we perform our part rightly, the more nature rewards us very faithfully in the terms of good taste, in the terms of complete satisfaction; and I may say that if we could con-

centrate upon this, if we could bring our reverence to bear upon it and feel that when we are aiming for dietetic righteousness, we are serving at the altar of our nutrition, we would not violate any of the sacredness of religion or of the word of righteousness.



MR. HORACE FLETCHER

It is a fact, and a fact that we should all bear in mind, that it is entirely possible to feed for efficiency or for inefficiency, to feed for morality, or for immorality; to feed for temperance or intemperance; to feed for irritability or for amiability. And with such

objects before us to avoid or secure, is it not a sacred function that we are called upon to perform within the beautiful area of the mouth? And what a wonderful place the mouth is! It will stand more heat, it will stand more cold, it will stand more abuse, it will give more pleasure than almost any other area of the body; and we have neglected it frightfully. We have not only missed our opportunities in bolting food, but we have suffered untold misery as the result of the return of acid fumes to the mouth; as the result of indigestion, the result of our neglect.

There are many of you here who were here when I was here last, but during that time we have constructed a picture of digestion which I think is more interesting, and more easy to remember and to understand, and to feel, than any other picture on digestion that has been given; and that is an account of the signalling process which nature has installed for the purpose of taking care of progressive digestion all along the line of the alimentary canal.

Now, we use our teeth, or we use our gums, or we use the sucking process for the purpose of mixing saliva with the food in transition. The saliva performs a chemical act in its contact with the food. The physiologic chemists tell us that the ptyalin of the saliva transforms the starch of the food into dextrose or grape sugar, which is the only assimilable form; it is practically the malt honey which is served to you in the Sanitarium, and which, as was discovered in Japan twenty-five years ago, acts as a great digestive assistant.

It is what the saliva does to the starch of the grain in the mouth, and it is the taste which we find so delicious when we are developing it from a morsel of simple bread. Now, that taste is transferred through the great vagi or pneumo-gastric nerves to the stomach. There are millions, perhaps, of the terminal ends of the vagi nerves set all over the walls of the stomach, and the stomach knows what to expect, not only of the kind of food that is being transformed, but the quantity of the digestive agent required for the

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purpose of digestion; so that while we are still enjoying the taste of the food in the mouth, preparations for the reception and digestion are taking place within the stomach. So when finally it passes through the cardiac opening of the stomach, it practically drops into a digestive bath all ready for it. And another thing: if we have given full attention to the process in the mouth and derived all the taste from the food, when the body has received all it needs of that particular food, the appetite will cut off short, and there will be complete satisfaction and no desire for more of that food; consequently, while signalling the stomach to get ready the digestive agents there, information is also given to the appetite so that it may shut off when just enough has been received. And the consequence is that no food is taken into the body that the body does not want; there is no gastric distention, the body has been thoroughly served and there is nothing to be barped upon by the hostile or unfriendly bacteria for putrid decomposition.

Now, the beauty of this is that if we perform our part of the signalling process perfectly well, nature will take care of all the rest throughout the whole process of the alimentary canal.

ARRIVALS

FOLLOWING is the list of arrivals at the Battle Creek Sanitarium for the week ending September 6: John F. Stapleton, Conn.; Horace Fletcher, Italy; Frank Wells and wife, Okla.; Charles Wolohan, Mich.; M. L. Duffner, Calif.; Geo. M. Harrison, Mich.; Mrs. L. L. Jones and Mrs. Mary Compton, Tenn.; Mrs. S. C. Brown, Edna and Edith Markey, C. R. Markey, Ind.; Paul Knorr, Pa.; Mr. and Mrs. Elmer Satterfield, N. Y.; Dorothy Upjohn and Helen Donekey, Ohio; Percy W. Tombs, M. D., Tenn.; Mrs. T. J. Taylor, Ala.; G. W. Long, Ky.; W. L. Hazelip, Ky.; Mrs. A. E. Maxwell, Gus. D. Thomas, Mrs. Elmer Milner, Ky.; Sterling Myer, Tex.; W. F. Stanley, Ark.; R. T. Metzger, Ill.; J. W. Ogburn and wife, Tex.; Catherine McLeod, Ind.; W. E. Briggs, S. D.; Mr. and Mrs. Levi Bemis, Minn.; Mrs. C. F. Anderson, Ky.; N. T. Heritage, Kans.; J. M. Galbraith, Ia.; Ross Colhoon, Ind.; Chas. Lewellyn, Ill.; Mrs. F. L. Blackman, W. Va.; Miss Blackman, W. Va.; A. H. Scofield, Conn.; E. H. Boyes, Ohio; Dr. Bruce Richardson, Tex.; W. E. Hosler, Pa.; David C. MacGregor, Toronto; N. E. Colby and wife, Calif.; W. G. Edmondson, Pa.; A. Ramos, Ill.; W. G. Schuster, Wis.; Dr. A. E. Linander, Ill.; Geo. C. Schinier, wife and baby, Ind.; D. R. Beatty, Tex.; Chas. Robinson, Tex.; H. A. Bassett, Mexico; S. R. Chambers, Mich.; Mrs. Grace H. Baldwin, Calif.; Miss C. Johnson, Tex.; Clara L. Burton, Tex.; C. I. McCallater and son, Ill.; Mrs. D. D. Davis, Ohio; Mrs. A. G. Fisher, Ohio; Mrs. W. J. Heckok, Mich.; W. T. Stone, Ill.; F. N. Innis and wife, N. Y.; E. D. St. Giles, Ill.; John C. Bennett, E. C. Haycox, and Bona Allen, Jr., and wife, Minn.; Mrs. Harvey Downing, Mo.; Mrs. E. R. Pemberton and daughter, Mo.; J. D. Welsh and wife, Ill.; Mrs. Florence M. Rodgers, Tex.;

Mrs. J. S. Carlisle, O.; Mrs. R. A. Peake, Ill.; Milo V. Smith, Ind.; Mrs. Jno Gilbert and Mrs. Henry Hunsicker, Ind.; M. Garner, Mo.; Mrs. A. P. Gilmore and Isabel, Ill.; Mrs. W. E. Pinney, Ill.; Henry Harris, Ia.; Austin and Jas. T. Hay, and Dr. A. C. Gaudy, Ohio; Miss A. E. Johnson and Mrs. H. N. Wilson, Ill.; P. Caldwell, and H. P. Caldwell, Ky.; Bert Childers, W. Va.; Violet Chapman, Ind.; Mrs. F. C. Howard, O.; W. C. Dunnaway, Ark.; Mrs. W. C. Dunnaway, Ark.; H. Brin, Texas; Mrs. A. L. Robin-

son, Pa.; T. M. Macon, Ark.; Mrs. Geo. A. Peters, Mo.; Miss Nellie Kline, Okla.; A. L. Robinson, Pa.; Miss Helen F. Knight, Ill.; J. E. Jarratt, Texas; Wm. Galloway, Pa.; R. E. Hieronymus, Ill.; Mr. and Mrs. I. P. Baldwin, City; D. J. Harley, Mo.; Mrs. S. P. Clark, Mich.; Mrs. D. D. Davis and Mrs. H. G. Fisher, O.; Mrs. J. B. Lyons, W. Va.; N. Robinson, and Minnie Hollock, Mich.; Chas. N. Legg and wife, Mich.; Mr. and Mrs. Babbitt, Vt.; Mrs. H. B. Brown, Ind.; Mrs. L. A. Kann, Mich.; Mr. J. E. Belter, Wis.; Wm. Schamehorn, Mrs. R. Hanson, and Miss M. Hanson, Mich.; Mrs. S. McDonald, Kans.; J. P. Nykerk, Mich.; Irving Udell and wife, Mich.; Chas. Robbins and wife, O.; F. M. Kallenberg, La.; Ruby S. Ketcham and Mrs. L. Ketcham, City; Mrs. T. G. Hawkins, Tex.; F. A. Forbes, Mich.; Jno. Owen, Mich.; W. E. Buehler, M. D., and wife, Ill.; Frank Hummel, Margaret Engel and child, O.; Mrs. Frank B. Powers, Ky.; A. A. Grief, Porto Rico.; H. W. Hart and wife, J. F. Hallwe-

SUNDAY EXCURSION, - Sept. 12, 1909

-- VIA --

Grand Trunk Railway System

**Detroit, Mich., and return, \$1.75 Lansing and return, 70c.
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Special train leaves at 6:10 a.m., returning same day. One and one-half fare to intermediate points where train is scheduled to stop. Please ask for full information. L. J. BUSH, Pass. Agt. Phones: Bell, 169; Citz., 1109.

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The One-Year Course, intended especially for Matrons and Housekeepers or for those who desire it for its educational value, includes General Cookery, Invalid Cookery, Institutional Cookery and Practice Cookery, Anatomy and Physiology, Household Chemistry, Home Nursing, Household Microscopy, Household Economics and Household Architecture, Sewing, Medical Dietetics, Theory, Table Service, Physical Culture, etc.

The Two-Year or professional course, intended especially for Dietitians, Lecturers, and Demonstrators, includes all the studies of the one-year course, and in addition Advanced Chemistry, Advanced Physiology, Sanitary Science, Bacteriology, and Hygiene, and Advanced English.

ONE SPECIAL FEATURE of this school is that students are given an opportunity to meet a large part of their expenses by work along lines which aid them in their studies.

Fall term begins Sept. 7, 1909. For particulars apply to—

**The Battle Creek Sanitarium School
of Health and Household Economics**

**BATTLE CREEK
MICHIGAN**

gen and wife, Ill.; S. H. Boal and Mrs. S. H. Boal, Ala.; Mrs. Edw. Gorton, Ill.; Mrs. Henry Heinmetz and son, Ill.; H. G. Pattillo, Ala.; Mrs. J. H. Lewis, La.; E. J. Hardtner and wife, La.; Dr. Oswald C. Fluemer, Mich.; Mr. and Mrs. F. M. Barton, O.; John Owen, Mich.; George Lill, Ill.; Richard Cronin, N. Y.; A. L. Wynar, Mass.; H. B. Carre, Tenn.; O. P. Robb, Tex.; Mrs. J. K. Pim, Mo.; A. H. Olwin and wife, S. Dak.; J. C. Shedd, Mich.; Harry G. Fisher, O.; Ina Lamb, N. Y.; Miss L. Sellers, Ala.; J. F. Hollwegen, Ill.; Samuel Rowe, Wis.; W. J. Mein, N. Y.; Fred H. Schoedinger, O.; J. V. Byrn, Mo.; Mrs. J. B. Wathen, and Miss Margaret Wathen, Ky.; Mrs. R. L. Condon, baby and maid, Ky.; R. W. Jones, Jr., Miss.; Mrs. W. W. Hollingway, Mo.; Mrs. W. H. Waters, Ind.; C. E. Caspar, Jr., Ala.; J. B. Avery, wife and daughter, Ohio; F. L. Busey, Ill.; Miss Rose Rosenberg, Ill.; G. N. Annstrary, Ohio; G. H. Hyland, Ohio; O. B. Potter, N. Y.

News Notes

Elder L. McCoy, the chaplain of the Sanitarium, will be absent from his post for a week's visit among friends in the West.

The Sanitarium has installed the vacuum system of housecleaning in its main building. Pipes are laid from the machine in the basement to every floor, so that all the rooms may be renovated and cleansed without the discomfort of ordinary housecleaning.

The prospects for attendance at the Medical College this year are very good. With few exceptions the old students will be back again, and the freshman class will be as large as can

well be received. More applications have been made for admission than can be accommodated.

The new Domestic Science laboratory in the College building is fitted up for use and the supplies are being placed. This is a very great adjunct to the school and will afford to teachers and students the very best possible facilities for carrying on their work and investigations.

Miss Annie Baldwin, of Kansas, an undergraduate nurse who was injured some two years ago by being thrown from a street car and was obliged to relinquish her course, has now returned and is entering upon her studies again. We are glad to see her looking so well after her painful experience.

We are pleased to announce that arrangements have been made by which Mrs. Fanny E. Dowkontt will return to the Sanitarium to act in the capacity of matron for the Medical Students' Home. This Home will probably be located in the Kellogg home on the corner of Champion and Washington streets.

The Sanitarium pulpit was occupied on last Sabbath by Pastor Tenney, who spoke from Psalm 107: 43: "Whoso is wise and will observe these things, even they shall understand the loving-kindness of the Lord." The theme was the interpretation of God's providences. The psalm does not illustrate the loving kindness of the Lord by our pleasant experiences, but by the trying experiences into which we pass and from which divine goodness delivers us. A single experience is no criterion by which to judge Providence; it requires a long sweeping view of life over the path where we have been led to reveal the manner of God's leadership.

PERSONALS

Mrs. A. P. Gilmore and daughter, Isabel, of Chicago, are resting at the Sanitarium.

Mrs. A. E. Maxwell, of Pittsburgh, Pa., is among last week's arrivals.

Mr. and Mrs. H. S. Weaver, of Nashville, Tenn., are among the recent arrivals from the South.

Miss Hulgren, a nurse in the Melrose (Mass.) Sanitarium, spent Sunday with Dr. Frazier at the Sanitarium.

Philip Johnson and wife, Dr. Elwell-Johnson, have gone to Cassville, Wis., to visit the latter's mother.

Mrs. Virginia Hoodner, who has been visiting in Philadelphia, has returned and is taking up her work in the operating room.

Miss Genevieve Wilson, a graduate nurse from our training school, is spending a few days with us. Miss Wilson is engaged in private nursing in New York City.

Mrs. L. L. McCamly, returned missionary from India, who has been spending the past few weeks with us, has gone to Boulder, Colo., to visit friends and relatives.

Dr. Gertrude Johnson's sister, Mrs. Frank Leslie, of Minneapolis, Minn., has returned to the Sanitarium for further rest and treatment.

Mr. and Mrs. D. R. Beatty, of Houston, Texas, old friends and patients of the institution, are again with us, taking rest and treatment.

Miss Carrie Kerns, of Cairo, Ill., stopped at the Sanitarium a few days with Dr. Anna B. Durrie. Miss Kerns is en route to South Lancaster, where she will take up Bible work.

BATTLE CREEK SANITARIUM SCHOOL OF PHYSICAL EDUCATION

The Board of Directors of the Battle Creek Sanitarium have organized this school in order to crystalize the work in Scientific Massage, Swedish Gymnastics, Manual Movements, and general educational work along the lines of right living. This work has been carried on continuously for more than thirty years in connection with the gymnasium, lecture and class work for the patients, nurses, students, and general help of the Battle Creek Sanitarium.

The following subjects are given: ANATOMY, HISTOLOGY, PHYSIOLOGY and HYGIENE, HYDROTHERAPY, MASSAGE, FIRST AID and EMERGENCY NURSING, DIETETICS, PHYSICAL DIAGNOSIS and ANTHROPOMETRY, MECHANOTHERAPY, MASSAGE, FIRST AID and EMERGENCY NURSING, DIETETICS, PHYSICAL DIAGNOSIS and PHYSIOLOGY OF EXERCISE, ANTHROPOMETRY, GYMNASIAC NOMENCLATURE and TACTICS, GENERAL GYMNASIACS and MARCHING, MAT WORK and TUMBLING, APPARATUS WORK, WRESTLING and FENCING, CORRECTIVE EXERCISES and MANUAL SWEDISH MOVEMENTS, and ATHLETICS and FIELD WORK.

The tuition for the year's course is \$65.00. By working from three to six hours a day, each student will be able to pay practically all of his running expenses. An opportunity for such work will be offered in the various departments of the Sanitarium.

The regular school year opens October fourth, and closes June 3, 1910.

Any who are interested will be sent illustrated announcement with further details on request. Address,

The Battle Creek Sanitarium School of Physical Education
BATTLE CREEK, - - - MICHIGAN

THE BATTLE CREEK IDEA



Vol. II No. 41

BATTLE CREEK, MICH., SEPTEMBER 17, 1909

Price 2 Cents

Real Hunger: Its Functions

Depressing Mental Impressions Interfere
with Digestion. Fletcher Sees
Good Time Coming

HORACE FLETCHER continued the theme of digestion and nutrition before the Sanitarium audience, and his remarks made a deep impression upon his hearers. He said:

The Evils of Civilization

In a Lecture to the Sanitarium Family
Dr. Kellogg Shows How We Are
Enslaved by Fashion

A MODISTE said to a New York lady not very long ago, "Madam, your little girl is getting old enough now, so we must give attention to her figure. We must begin to mold her

MANUAL AND MECHANICAL SWEDISH MOVEMENTS

What They Are and How They Are
Used as Corrective
Measures

A portion of a lecture delivered in the Sanitarium parlor by Dr. J. H. Kellogg.

SOMETHING more than one hundred years ago a Swedish lieutenant conceived the idea



SANITARIUM PATIENTS AT WORK IN THE GYMNASIUM

Hunger is merely a negative expression which means want. The only evidence of hunger to us is appetite. Hunger never expresses itself below the "guillotine line." The sensations of faintness and all-goneness commonly attributed to hunger are not hunger in the true sense of the term; it is a pathological symptom meaning that the body has already too much of something and that there is indigestion; true hunger is only expressed by a keen desire for some simple food, bread and butter, or even bread alone, accompanied by a copious watering of the mouth, and we should always

(Continued on page three)

figure, otherwise she will not have any proper shape at all."

The idea of most people, most women at any rate, is that the good Lord knew how to make a man, but did not know how to make a woman. He did not know just what shape a woman ought to have to be really beautiful. So a girl is put into a mold like a cucumber in a bottle, and made to grow into the shape of that mold. A woman who lives in a corset has to grow into the shape of that corset, consequently her vital organs do not grow in their proper place.

(Continued on page five)

that exercises might be used as a means of cure, and set to work to develop a system of medical gymnastics. He was assisted in his work, probably, by a French translation of a Chinese work on gymnastics which was written about two thousand years ago. I happen to have in my possession a copy of this book in the original Chinese language. By examining the illustrations one will see that the Chinese had the original idea from which this system of gymnastics was developed. Lieutenant Ling persevered in his efforts in the application of exercise as a means of cure—specific exercises being devoted directly to spe-

cific purposes,—until he finally developed an elaborate system which was recognized by the Swedish government. For half a century, I believe, there has been carried on a regular educational system in the public schools and in the army of Sweden. There is what is called the Central Institute, at Stockholm, where officers of the army are trained. Every officer of the Swedish army is trained in this system of gymnastics.

it under the director, Hartelius, who was at that time the head of the Central Institute. We have also had practitioners here from Sweden who have been especially trained; and we have found the work of great use. It is particularly effective in the treatment of diseases of the viscera, for the reason that it may be so directed as to develop the abdominal muscles. In fact, one of the great virtues of this system is that it especially develops the mus-

The muscles of the back are naturally in the shape of a convex curve; the body becomes a bow and the back is the concave surface, and the front of the body is the convex surface. When one gets tired, the muscles of the back relax, and down comes the breast bone, the muscles of the abdomen are shortened, the recti muscles are shortened, so that there is no longer any tension to hold the internal organs in position.

To remedy these conditions various muscular movements are introduced. By the arm movements, the chest is expanded and raised, and this greatly aid respiration. There are movements of the legs intended to strengthen the abdominal muscles. Many of these exercises call for vigorous muscular exertion, and the system has been so perfected that every portion of the body can be brought under its working. The labor performed by the limbs call into activity the muscles of the trunk.

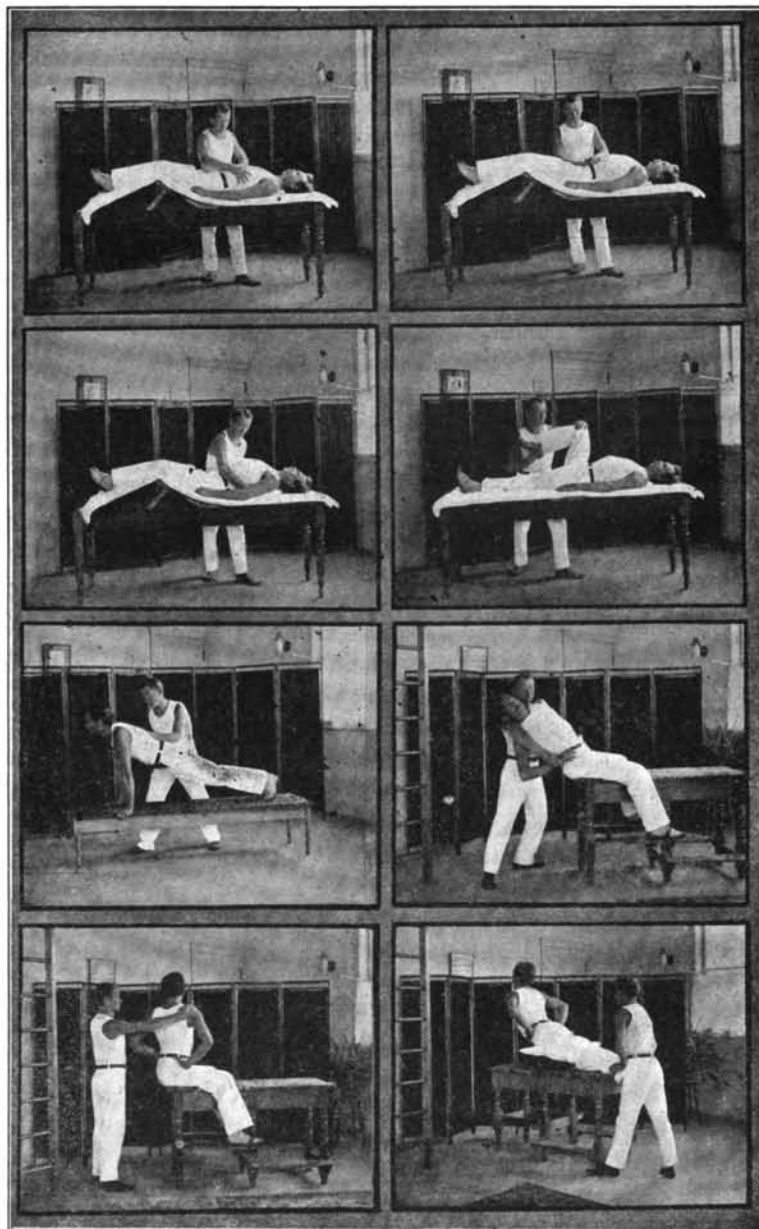
Any deformity or curvature is treated by such exercises as will develop the muscles, where they are deficient. There are several thousand of these movements, and it requires long, careful study of anatomy in order to practice the system correctly.

Some of these exercises, fortunately, can be administered by machinery more effectively than by hand; particularly is this the case with the vibratory exercises. It has been found that vibration is a profound and effective physiologic stimulant. Indeed, it can be so used as to be either a sedative or a stimulant. When applied over the heart, or a nerve, or any organ of the body, it increases circulation and stimulates the function of the part. A lateral movement or a centrifugal movement applied to the surface has the effect to draw the blood away from internal parts to the surface, and is sedative in character. By applying these vibratory movements over the heart, it is possible to stimulate a weak heart. Consequently, making these vibratory movements over the heart has been called the gymnastic digitalis, and has been found very effective.

As a means of applying exercise to the viscera and the muscles of the trunk, a band is put around the body, and this is put into rapid alternate motion, giving the trunk a vigorous vibratory movement. Another mechanical contrivance produces the kneading movement. The arms provided with blunt, rounded ends are moved by eccentrics in alternation against the abdomen, producing a kneading movement imitating that which may be applied by the hand, but very much more effective, and employing five or six hands instead of two.

Another machine which tilts and throws the feet up produces vasomotor gymnastics for the viscera. There is a vibratory bar that allows several persons to take hold of it at once, vibratory movements being communicated from it to the arms, and from the arms to the spine and the head, and other parts of the body. Other machines produce vibratory movements for the feet. There is the hand or dumb-bell vibrator, by means of which vibrations may be applied to any part of the spine or to the head; and it is found to be a most effective means of relieving pain. Cases which are not relieved otherwise are relieved by these means. And there are various other vibratory appliances.

The exercises are of special value, as I have said, for sedentary persons, or persons who live the ordinary, civilized life. We acquire a great number of deformities and defects because of our civilized life. The savage man or woman living in the forest subjects the body to all sorts of movements. The body has free play so that it has complete, symmetrical, all-round development; but the civilized man



MANUAL SWEDISH MOVEMENTS

Regular practitioners recognized by the government, who practice this system are to be found at all the watering places and health resorts, and in all the large cities; and the students of the public schools are all trained in harmony with this system.

Unquestionably it is the most thoroughly scientific system of exercise which has ever been developed. We have had it in use in this institution for more than thirty years. Twenty-six years ago I visited Stockholm to make myself more familiar with the system and studied

cles of the trunk, and this meets one of the very greatest needs among civilized people.

The sitting position is not a desirable position. We are intended either to walk, to move about, to stand, or to lie down. Sitting is not a natural position. The chair is an artificial thing, and the habit of sitting leads to deformities. We sit down when we want to rest, and as we relax, we fall into a state of desuetude, so far as the muscles are concerned. The muscles should be tense and contracted so as to make a bow of the back.

and woman live in a harness. Their habits and employments, fashions and customs restrict and restrain them so that there is but little freedom. These habits and customs leave their evil marks upon the people, and it becomes necessary to undo the vicious effects of civilized life by the use of artificial means. It was never intended that people should so live that they would have to be rebuilt by machinery, but since they do so live, it is well that the means of reformation have been discovered and brought into use.

REAL HUNGER

(Continued from page one)

wait until we have this thoroughly keen, earned appetite, before partaking of food. Let me give you a little illustration, so you may know when you are hungry, if you are not quite certain about it.

If you have been playing golf, or if you have been taking a sun bath in the outdoor gymnasium, or if you have been taking a walk, or splitting wood, or if you have been sewing, or reading, or occupying yourself in any profitable way for a few hours and begin to think of food; or if you happen to pass a cottage where biscuit or potatoes are being taken out of the oven, and you get a whiff of them, and find yourself distending the nostrils in order to take in that delicious odor, then you may know that you have a good, keen appetite, and it is perfectly safe for you to eat to it.

And if, with that appetite, you take the food available which appeals to the appetite, and get all the good taste out of it in the mouth, you will find there is a natural separation at the back of the mouth, cutting off the throat from the mouth, which is automatically served by the nerves surrounding the circumvallate papillae, so that when all the taste has been taken out of the food, and it is ready for further digestion, this will open automatically, and what I might describe as involuntary swallowing will ensue. You will notice that when you have chewed all the taste out of the food, it will practically swallow itself, and that is as soon as it is ready for that process. And, having done that, we have performed all of the mechanical requirements imposed upon us by nature. But we are living under conditions so extraordinary that we need to be protected further; and I will give you an illustration of that means by describing to you some of the observations of Professor Cannon, of the Harvard Medical School.

It was found that in the case of the human being the bone was so thick that the X-rays could not penetrate it readily, but cats, which serve very well to illustrate with, have been used to give us a shadow picture of digestion. The cat is allowed to get good and hungry—that is the first requisite; and when so, he is given food which is palatable to him, but has been stained with subnitrate of bismuth, which is opaque to the X-ray. Consequently, when the cat swallows the food, you see it going down through the gullet, and it is carried by peristaltic rings until it reaches the stomach; and when it reaches the stomach it makes those characteristic trips about the stomach, depositing particles of protein upon the stomach walls, separating the other particles and carrying them forward, and by and by it passes out at the pyloric end of the stomach. It begins to shoot down in to the duodenum in little quantities; and then immediately there is set up a very interesting process through some ten or twelve feet of alimentary canal, which Dr. Cannon calls segmentation. There are thousands of little projections upon the inner wall of the small in-

testines called the *papillae coliventer*, and these dip down into each other as the tongue of a dog or a cat would dip down into a dish to get milk; and they lick up nutriment, transfer it to the lymph and blood stream until it is entirely exhausted and there is nothing left but the small, indigestible residue. While that is going on, everything is as it should be; but if you divert the attention of the cat for a moment, you will find the process begins to slow up, and if you make the cat angry, the whole process stops—the muscles become flabby, the digestive juices cease to flow, the food in process of digestion ceases to be further digested; and there is opportunity for the bacteria to work and to decompose it. It becomes dead within the walls of the stomach or intestines, as it would be in a dead body.

The great enemy to digestion is what we call the depressing emotion. Fear in any of its forms—anger, worry, controversy—anything of that sort will stop digestion as perfectly as if you were to cut it off with a ligament; so that it is one of the things to be taken into consideration. In the first place,

never eat unless you can eat under conditions of calmness. Never have a scrap at the table; never discuss bills at the table; never argue politics, religion, or the suffrage movement, because it is inimicable to digestion. What you should do is to prepare yourself to pass compliments across the table, for that is the best sauce for digestion. One of the comic papers in New York the other day, in commenting upon this assertion of mine, made a series of pictures in which the husband had come down all prepared to make a change in his demeanor at these times. He had been a surly man, who took his newspaper to the table, bolted his meal, and was off to his work. But now he had concluded to reform; so he came down all smiles, and as he sat at the table, he began to say, "Mother, I never saw you looking better than you do this morning." And she looked at him. It was such a surprise she did not know what he was going to say next. Then he took some food, and he said, "How perfectly delicious; it seems as if I never tasted anything quite so good in all my life." Then

(Continued on page four)



The Great Lakes Trip

A little journey on the inland seas is the most pleasant and economical vacation trip in America. The ever varying scenery of the shore line and the picturesque beauty of the islands add interest and delight to every mile of the trip. All the important ports on the Great Lakes are reached regularly by the excellent service of the D & C Lake Lines. The ten large steamers of this Fleet have all the qualities of speed, safety and comfort. Every boat is of modern steel construction and is propelled by powerful engines. The Clark Wireless Telegraph Service is used aboard.

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Battle Creek Sanitarium Periodicals

Three journals are published at the Battle Creek Sanitarium:

The Battle Creek Idea (Weekly).....	\$1.00 per year
Good Health (Monthly).....	1.00 " "
The Medical Missionary (Monthly).....	.50 " "

These papers will be combined at the following prices:

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VOL. II SEPTEMBER 17, 1909 No. 41

THE STRIFE FOR GLORY

To gain the glory of having been the very first man to have reached the North Pole has been the ambition of many men for many years. Now, the honor, such as it is, is claimed by two men, and the world is likely to be divided into two hostile camps as to which of the two is entitled to the glory. To the ordinary observer there seems to be little or nothing upon which to base a decision as to the veracity of one claimant and the falseness of the other. Their stories are very similar, and one is no more incredulous than the other. Both made a dash for the spot over the same ground, practically, both met the same difficulties, had similar experiences, and found the same scene of unbounded shifting ice, and nothing more. One claims to have reached the spot one year before the other, but did not get his news to the world until a mere tantalizing period of four days before the other came with his announcement.

Everybody realizes that in this feat there is no very great good coming to mankind. It is simply the satisfaction of scratching the spot that itches. If the longing and itching of certain men for notoriety in that direction will now subside, and the North Pole be permitted to slumber on undisturbed, mantled in its everlasting ice, and active intelligent men give their attention to matters more practical and useful, something will have been gained. But we have to remember that there is still another pole that has not been quite reached yet, so there is still room for more foolish notoriety hunting. And we have no doubt that when that is accomplished there will still be unclimbed mountains to be scaled, and other impossible stunts to be done to the end of time.

But for the practical world there awaits far more serious business. We have drifted far away from the course of natural life; conventionalities, fashions, habits, and perverted natures have combined to lead the world into a wilderness and maze where men and women are perishing for want of knowledge. There is a happy and blessed region where health and life abound, where existence is a joy, and each day is an inspiration; but this country is now only a dream to men and women on the plain. Only those who stand on the highest points can see it far away. That is God's country; its paths are peace, and its ways are pleasantness. We are taught to pray, "Thy kingdom come, thy will be done on earth as it

is in heaven;" but when our eyes rest again upon the wilderness, we sigh that it is a land afar off.

But that kingdom is a reality, and it awaits all who will really seek it. No frozen leagues intervene between us and that country, no biting blasts, no dreary days and awful loneliness, no risk of life, no long separation from home and friends, bar our way to the region of joy and peace.

But its conquest requires the greatest and truest of courage, it involves a battle and a firm determination, not so much with external enemies and obstacles as within ourselves, our depraved tastes and our perverted ways, and our present conceptions of what constitutes enjoyment. The battle is fought when once we have conquered our own wrong desires and resolutely set our faces toward better ways and higher ground.

There is a sort of glamor in reaching the North Pole first, but how much more glorious is the route that leads men and women to be better, stronger, more efficient for good. How much greater and more useful to mankind is the teacher of righteousness, the pioneer who leads the way to purer and better living. The goodly land is not far away, but it is up on a higher plane. Let us arise and go thither.

REAL HUNGER

(Continued from page three)

her wonder was excited more and more. He made only one other break in this direction, when she picked up a chicken leg and threw it at him, saying, "I will teach you to be sarcastic in my presence." Those are the things you want to avoid in connection with your nutrition.

Professor Ohltenden, the most conservative of all scientific men, said to me three years ago, in a burst of enthusiasm, "Fletcher, I believe that within ten years it will not be respectable to be either sick or inefficient." I predicted at Chautauqua the other day that this subject will, within five years, be tabooed, for the reason that we will have threshed it out so thoroughly and will have got hold of our resources for health and efficiency so perfectly that it will be a matter of course; it will not be respectable to be either sick or inefficient, unless we are run over by an automobile, or something happens over which we have no control. And from that higher plane of health and efficiency, we will be striving for new aims and new ideals of which we now have no time to think, because we are forever and eternally thinking about our poor health and our inefficiency. Now, I would like you of the audience to make a memorandum of that fact and just check up. It was only three years ago that I was at an exhibition of automobiles in New York. There was an enormous display. There were thousands of them there. And there were thousands of persons looking at these machines. One of the inventors and perfectors of the automobile came up to us and said, as we were looking at a few crude illustrations and models of airships, "Do you see this? It doesn't amount to much now, does it? It was less than ten years ago that I exhibited one or two automobiles at the World's Fair in Chicago. At that time there were not ten men in the United States who knew how to run an automobile. Within ten years the automobile will be a back number,

and we shall be moving about in airships." Now, in these days, when we feel the power of getting hold of forces, of the knowing and of organizing and directing our own forces and resources, there is nothing short of perfection within sight that we are not going to have; and it is not going to take a great many years to get it.

We have tried the experiment of drugs; we have tried the experiment of the selection of foods; we have tried exercise; we have tried everything under the sun but the one thing that nature required us to attend to particularly; and now we are turning ourselves to protection and prevention,—a process of finding out what it is that prevents nature from doing her best, that we may stop doing these things. And when we have found these things out, we shall see that there is not one of them that is not something we have learned to do in defiance of the natural inclinations, and something that we are better off without.

Mrs. Minnie Emmons and Miss Ruby Ketcham have returned from their trip to Illinois and Missouri, where they have been assisting Dr. Geisel in Chautauqua work, and report a very enthusiastic and interested class of students, both men and women. At one Chautauqua a class of twenty girls under fifteen years of age was organized to study the principles of healthful cookery.

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EVILS OF CIVILIZATION

(Continued from page one)

The colon, the two kidneys, the stomach, the liver, the pancreas, and the spleen—all of these important viscera, everything except the small intestine and the descending and ascending colon, are located above the lower border of the ribs. These important organs belong in the upper part of the abdominal cavity.

Notice that the lower half of the chest is compressible; and the upper half is enclosed by the sternum, the ribs, and the spine, so that it is impossible there should be any great amount of compression there; but the lower part of the ribs—the floating ribs—are attached to long cartilages which are very flexible, and joined to the spine, so that they can be compressed until they are almost closed together. In fact, I have met cases in which those ribs were so compressed that they overlapped. And that is the condition which we find, more or less, in the majority of women who have worn the ordinary clothing. These statements are not a freak of imagination, but they represent the condition into which modern customs lead our women. The health corset is an invention of the devil, to make people think they are good when they are not. Here the stomach and the pancreas have been turned outdoors. They have moved away where they could get more room. The compression of the waist has crowded them down.

Now, it is impossible to be healthy in such a condition. A person whose viscera are crowded out of place in this way is crippled to an enormously greater degree than a person who simply has a dislocated stomach.

Here we have a picture of the Venus de Milo, that famous Grecian figure which is considered a model for all the artists of all time since; the other is what fashion makes. Compare the two. Here is a natural waist, and there is an unnatural waist.

I think that pictures illustrating ultra-fashions should be suppressed by law. They are mischievous, and every fashion-plate that creates that sort of a representation of woman, and establishes a wrong ideal in woman's mind, and leads to a perverted mode of dress, should be outlawed. The woman who has the idea that it is elegant to have a small waist, that it is a mark of beauty, will certainly suppress her growth and development if she thinks her waist is getting any bigger than the prevailing fashion will permit. So we find women all over the world in civilized lands compressing the waist. What a senseless thing it is, my friends! What apology can possibly be found for it? You know about the flat-headed Indians who compress their babies' heads between boards until they are flattened in front, and we think that a monstrous thing, and it is; and when we hear how the Chinese mother binds the feet of her little girl until the toes are drawn under the feet, and the poor little thing is compelled to hobble along on the tips of her toes, we think how terribly cruel that is; but the harm done by such deforming processes is nothing at all compared with the mischief done by compression of the waist in such a way as to dislocate these important organs upon which our lives depend.

The idea is prevalent that women should have smaller waists than men. I remember a lady who was here some years ago, having her lungs, chest, and trunk developed, and as I was showing her how to breathe one day, she said, "If I take gymnastics, will I breathe like that?" I said, "Certainly you will be able to breathe like that." She said, "I will never do it any more then, because when I go home people will say, 'She breathes like a man.'"

Not long since it was taught that there were two types of respiration, masculine and feminine—that men breathed with the lower part of the chest, and women breathed with the upper part of the chest. It seemed to me it was rather an absurd notion; so I set to work to investigate it. The first thing I did was to study animals, and I found that masculine and feminine animals breathed just alike. I discovered a woman who had never worn a corset, and found that she breathed just like a man. Then I put a corset on a man, and I found

he breathed just like a woman with a corset on; and I went a little further, and put a corset on a big Newfoundland dog, and he breathed exactly like a woman with a corset on. I got into trouble with that experiment, too. It was quite late at night and I had a pneumograph that was recording the breathing, and while I was in the midst of the experiment, looking after my apparatus, the dog sprang out of the window and went home. It was my wife's dog, and I hurried home after him. The doors were open, and when I got



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home I found him in my wife's room with his paw upon the side of the bed, and he was waking Mrs. Kellogg up; and she discovered the plight he was in—whining piteously, begging to be let out. We had that coreset off in a hurry, and the dog did not suffer any serious consequences, because he never did it again. I am sure you never could have persuaded that dog to put a coreset on again under any circumstances, or allow it to be put on.

Not content with that, I went out to Airzona, to old Fort Yuma, among the Yuma Indians, who had never been civilized to the smallest extent and lived in a perfectly natural state. I found the men running about there, and I think those that were in full dress were what would be equivalent to a pocket handkerchief; and the women wore but little more, and they were the finest looking people I ever saw. I took many measurements, and found some very interesting things. I found the average measurements of those Indian women, who had grown up in a perfectly natural state, were exactly those of the Venus de Milo. The Venus de Milo has a waist measurement of 47.6 per cent of the height; and I found that was exactly the average of those Indian women. I went to San Francisco, got permission from the Chinese consul, took an interpreter, went down to Chinatown, and measured twenty-five or thirty Chinese women, and I found the very same thing with them. They breathed like men, and they had waists of the same proportion as the Venus de Milo. I went down to Mexico, and found the native women there, and afterwards went to Cairo, Egypt, and studied the native women from the upper Nile, women who had always lived in a natural way and never worn anything tight, and I found the very same thing there. I studied the question among the French peasantry, and the peasantry of other nationalities—Spain, Germany, Austria, Denmark, and in what they call the Black Country of England, and I found that the working women who had a fair chance to grow and develop had large waists.

I made another study that brought out something that was curious to me. I measured a lot of men, and I found the average proportion of waist measure to height of men was a little less than that of these natural women. It was forty-five and a fraction instead of forty-seven and a fraction. The waist measurement of men in proportion to their height was about two per cent less than that of women. In other words, the women had larger waists than the men. I made a study of a lot of ancient Grecian models in Tiffany's, New York; and in visiting Paris and Rome I had opportunity to examine and measure a large number of the ancient masterpieces, and I found the average waist measurement of seven men, including the Apollo Belvedere, was forty-five and a fraction, instead of forty-seven and a fraction per cent of their height.

Some time afterwards I got hold of the results of some work done by Buffum, of Ger-

many, and a number of other specialists in anatomy, and found that women had larger viscera than men. Woman has a larger liver than man and a smaller heart. She needs more liver, and she doesn't need so much heart. The heart is proportionate to the size of the fist. Look at your fist, and you can see the size of your heart. It requires a large heart to back a large fist. The heart is a muscular organ intended to back up the muscular organs of the body. The muscular power of women is just half that of men, and the heart is smaller. But when it comes to the viscera, those organs which make blood and supply vitality to the body, it is a different thing. A woman's stomach is larger in proportion to her size than a man's. Woman has larger kidneys than a man, a larger spleen, a larger pancreas, and she has a larger colon; because in women the duties of motherhood require these organs should do work for two. She has larger nutritive requirements; the amount of food required to feed the mother and her child is larger than is required to feed a man of the same size; so she must have a larger capacity for the nutritive functions. Now, my friends, what a monstrous thing it is, then, when the organs located in this region of any woman are naturally larger than those in man, and requiring more room—what a monstrous thing it is to propagate the idea that the woman requires and naturally has a smaller waist than man! See what evils grow out of establishing this wrong ideal in the world, that woman must have a smaller waist—to be beautiful. This idea has caused an immense deal of damage.

THE AMERICAN MEDICAL MISSIONARY COLLEGE OPENING

THE opening exercises of this school were held in the Sanitarium chapel on the evening of the 14th of September. There was a good attendance. Good music was provided by the Sanitarium orchestra, and a vocal solo was sung by Mr. Eugene Scott. The address of the evening was delivered by Rev. Chas. C. Creegan, of New York, and was well received,

being eloquent with sound sentiment and good counsel. We shall be pleased to refer to it at more length next week and also to give a full account of the opening of the work of the year and the new class, for all of which we do not have room in this issue.

John H. Hutchinson, an extensive stock raiser and breeder from Sioux Falls, South Dakota, is stopping a few days at the Sanitarium.

Rev. E. Y. Mullins, D. D., of Louisville, Ky., preached a very beautiful and effective discourse in the Sanitarium chapel on last Sabbath forenoon from the words of the Saviour, "He that giveth a cup of cold water in the name of the disciple shall receive a servant's reward." Of the Saviour's teaching we learn that *doing*, not *professing*, is the vital consideration in the Christian work. Creeds have their place. It is perfectly natural that the man should formulate his faith and try to promulgate the same, but creeds may be utterly devoid of spiritual vitality. Worship, which is a feature of the service of God, may be an entirely meaningless and empty form, but deeds are the indices of character. In mathematics we learn that the less is included in the greater, but in spiritual things we observe that the greater is always included in the less. The Saviour said, "He that is faithful in that which is least is faithful also in much." Not the great deeds of a man's life, but the little acts which are spontaneously done, without reward or expectation of renown are the real indications of character. It is not what a man is when under the blaze of public notoriety that indicates his true standing before God, but what he is in the little acts of life. The Saviour never paraded his work before his disciples. In commending his people he never mentions his own sufferings and laborings. He leaves others to do that.

No mere abstract can give an adequate idea of the discourse. Dr. Mullins has been a very welcome visitor whose words will remain with us. He also addressed the family in the parlor on Sunday evening.

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ARRIVALS

The following is a list of arrivals at the Battle Creek Sanitarium for the week ending September 13: Mrs. M. A. Richmond, Ind.; Geo. M. Brosfield, Tenn.; H. D. Burrell, Mich.; F. Harris and wife, Mo.; Miss Carrie Lutz, Mich.; Thurman C. Bixler, Pa.; Mr. and Mrs. Herman Steinberg, N. Y.; Mrs. Stillman Eells, O.; B. O. Perel, Mich.; Jno. Hutchinson, S. D.; J. W. Gillespie, S. D.; J. K. Connally, J. Allan Holman, Ala.; H. B. Brown, Ind.; S. W. Wothershead, Ky.; Carrie Judd Montgomery, Cal.; W. W. Lipscomb, Tex.; E. P. Lipscomb, Tex.; Marie Weillbrearier, O.; Mrs. C. E. Carper, Ala.; Augusta Timm, Ill.; Amanda Timm, Ill.; George O. Beystrom, Wis.; Miss Mary Kline, Miss; Edgar A. Bancroft, Ill.; J. P. Green, Conn.; Mrs. C. S. Thorp, S. D.; Mr. and Mrs. Swope, Tex.; L. A. Peies, Tex.; W. D. Waldorf, O.; T. S. Hatt, Ia.; Bea A. Stribling, Tex.; Miss F. M. Fowle, Mich.; Rafael A. Ramos, N. Y.; Mrs. M. Wohlefeld, Ind.; R. E. Kirk, O.; Rev. and Mrs. J. Gehrke, Mich.; Mrs. Rachel Loomis, O.; Wilbur F. Colgrove, Mich.; Chester Birch, Ill.; Jas. Butehart, China; E. H. Baker, wife and child, Cal.; L. A. Miller, Cal.; Ernest A. Bell, Cal.; Mrs. F. H. Morrison, Ind.; Mr. and Mrs. B. Grandstaff, Ind.; W. B. Lewis, Ky.; David, Leggett, Mich.; Mrs. M. P. Monell, Mo.; Mrs. B. R. Keenan, Wis.; A. R. Bowdre and wife, Ark.; Mrs. Wm. Camores, Mich.; Mary C. Hurd, Ill.; E. Y. Mullins, Ky.; Mrs. Clara Sinclair, Ill.; Chas. Peterson, Tex.; E. J. Beilles, La.; Miss Elenore Wather, Ky.; J. M. Ridgeway, Ind.; Miss Edith Morrison, Ind.; Chas. Young and wife, Ill.; Jerome Charin, Mich.; E. E. Moore, Wis.; G. M. Perry, Wis.; Inez Chacey, Ia.; Mary Whitmore, Mass.; Arthur Helwig, Mass.; Thomas Murphy, Mass.; Chas. Valien and wife, Mo.; Jas. Henan, Ill.; F. L. Blackman, W. Va.; Ed. Foust, Ind.; Mrs. Dalkowitz, Tex.; Mr. and Mrs. J. A. Kimberly, Miss.; A. C. Leigh, Miss.; F. E. Youngberg, S. D.; Nick Rotzinger, Ia.; Mrs. Austin Hay, O.; Miss Mamie L. Isbell, O.; A. E. Maxwell, Pa.; Mrs. Charles A. Ewing, Ill.; Mrs. E. H. Lovett, Ia.; J. D. Menckel and wife, Man.; R. A. Taylor, Ont.; Anna Baldwin, Mo.; Ethel Davis, Ind.; N. E. Simonsen, Ind.; Mrs. Davis, Ind.; Henry Martin, Okla.; Annie Tierney, N. Y.; Mrs. P. O. Hudson, Mich.; P. O. Hudson, Mich.; O. E. Baker, O.; Alice M. McConnell, Mich.; Carrie McDonald, Mich.; C. N. Bertels and daughter, Japan; Rebecca A. Chapman, Can.; Ethel C. Blair, Ind.; W. P. Tuttle, N. D.; Erma Stock, Ill.; Jose Cuevas, Mexico; Mrs. G. W. Long, Ky.; Horace Fletcher, Italy; J. E. Williams, Ill.; Mr. and Mrs. Williams, Miss.; Mrs. R. E. Hieronymus, Ill.; J. A. Sanderson, Miss.; John Trepp, Jr., Mich.; C. D. Wilcox, Mo.; Chas. C. McDaniel, China; Miss Burma Tucker, Ind.; J. S. Head, Jr., Ky.; Mr. and Mrs. A. G. Hees, Kans.; Mrs. T. J. Kiser, Ind.; Miss Leonks, Ind.; K. S. Phillips, Ill.; E. R. May, Fla.; Marcus Cook, Ill.; John P. T. Trueness, Mich.; Mrs. M. A. Warren, Neb.; Georgia Anderson, Neb.; John Burns and wife, Ill.; Mrs. H. B. Boomer, Ind.; Dr. Evelyn R. Buch, Ky.; D. J. Fournadjieff, N. Y.; J. C. Shedd, Mich.; Carroll G. Wilson, Tenn.; Mrs. Anna Wilson, Tenn.; Mr. and Mrs. Geo. H. Lill, Ill.; Jas. F. Hay, O.; Mrs. W. C. Seran,

O.; Jas. H. Banford, Mich.; Guile Mellenstein, J. I. Hayner and wife, Ky.; Miss Blanche Thorpe, Pa.; Miss Nora Thorpe Pa.; Dr. J. W. Martin, Pa.; R. T. Ross, N. Y.; V. C. Carpenter, wife and baby, Mo.; Florence B. Johnson, Ind.; Mrs. D. A. Bartlett, O.; Wm. Ashmore, China; Mrs. Chas. A. Cay, China; Mrs. D. F. Vanlirn, Ind.; Wm. H. Lewis and wife, Pa.; Wm. H. Lewis, Pa.; J. W. Ogburn, Tex.; Mrs. H. H. Hart, Cal.; Howard Hart, Cal.; Miss Emma R. Guenther, Ky.; Mrs. L. W. Hogg and son, Ill.; L. S. Dunham, Idaho; T. J. Jourdan, Miss.; Jeanette Marks, Mass.; S. S. McClure, New York; W. F. Zellers, Neb.; Mrs. T. M. Campbell, Texas; Miss Lotus Luiss, Mo.; Mrs. H. H. Thomas, N. Y.; A. H. Chadburne, Pa.; Ella Murray, La.; Mrs. W. P. Miller, La.; Mildred O'Neal, La.; Sid. B. Redding, Ark.; Miss M. Leary, Mich.; Mr. A. C. Webb, Ind.

News and Personals

Miss Mary Whitman, of Boston, is among the newly-arrived patients.

Mr. and Mrs. A. A. Kimberly, of Neenah, Wis., are at the Sanitarium.

Dr. W. E. Myer and wife, of Kansas City, are guests at the Sanitarium.

William Galloway, president of a large pottery manufacturing concern of Philadelphia, Pa., is stopping at the Sanitarium.

Professor F. N. Innes, of the Chicago Beach Hotel, proprietor and leader of the famous Innes Band, is a guest at the Sanitarium.

Mrs. Dr. Evelyn R. Bush, of Louisville, who has a private sanitarium in that city, is stopping at the Sanitarium and visiting friends.

Mamie Isbell, of Nashville, sister of Doctor Lottie Isbell Blake, has returned to the Sanitarium to complete the nurses' training course.

Mr. Y. Allen Holman, of Ozark, Ala., who has previously been at the Sanitarium as a patient, has now returned, bringing his wife for treatment.

Miss Mabel Casimir, who was for some years employed in our correspondence department and afterwards took up a claim in Colorado, has outlived her necessary time of banishment and "proved up." She has been visiting and assisting in the Sanitarium for a short time and will soon take up art and musical studies in Chicago.

Professor Hieronymus, president of Eureka College, located at Eureka, Illinois, has been obliged to relinquish his work in connection with that institution, much to the regret of all. He and his wife are stopping at the Sanitarium for a time. Two of his students, Messrs. Frymire and Preston, are entering upon the medical course in the new class.



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**The Battle Creek Sanitarium School
of Health and Household Economics**

**BATTLE CREEK
MICHIGAN**

Mr. and Mrs. I. T. Baldwin, residents of this city and old patrons of the Sanitarium, have returned from a sojourn in California. Mrs. Baldwin is taking treatment.

Dr. M. A. Mortenson escaped from his labors on the medical staff long enough to take a short trip to the "Soo" last week. Our doctors have led a strenuous life during the past summer, and deserve a well-earned rest.

Mr. and Mrs. V. C. Carpenter, missionaries from Porto Rico, are at the Sanitarium; indeed, there are quite a large number of missionaries on vacation now with us, and they are most welcome guests.

Professor J. C. Shedd, who is to occupy the chair of science in Olivet College, spent a few days at the Sanitarium last week. Professor Shedd's father was for many years a missionary in Persia, and he has a familiar acquaintance with the countries of the Orient and Levant.

Misses Sophie and Luba Kodjbanoff, two Macedonian young ladies who have been with us for some years, having completed a course in domestic science, are now going to Valparaiso to study music and kindergarten work. We all unite in wishing them well.

Mr. Geo. Arneson, of Sioux Falls, S. D., brought his wife here some few weeks since in a very debilitated state of health. They were accompanied by their daughters on account of the mother's low condition. We are pleased to report that Mrs. Arneson has made fine progress and good hopes are entertained that she will be restored to comfortable health in a short time. Mr. Arneson has returned to his business.

Mrs. H. H. Hart, of Berkely, Cal., who has just finished a trip around the world, is stopping at the Sanitarium with her two daughters. Mrs. Hart has just built a beautiful house, and this tour has served to provide treasures and mementoes from many lands for the new home.

Rev. J. A. Gehrke, a Lutheran Evangelical pastor of Detroit, is a patient at the Sanitarium, and was visited for a few days by his wife. They readily give the impression of very estimable people, and we are pleased to report that Mr. Gehrke is making good improvement in health.

Mr. Horace Fletcher returned to the Sanitarium from a brief trip in the West, and brought back with him as his guest, Mr. J. E. Williams, of Streator, Illinois. Mr. Fletcher is the subject of some very interesting and instructing moving pictures, taken while he was doing some remarkable athletic exercises. We are only sorry we can not reproduce these pictures for our readers, but may have something to say about them.

The trustees of the American Medical Missionary College extended to Mrs. Fannie E. Dowkontt, widow of Dr. George D. Dowkontt, lately deceased, an invitation to return to the Sanitarium and fill the place of matron and preceptress to the Students' Home. This she has consented to do. In a private letter to the editor she says, "I am glad to tell you that our Heavenly Father has so clearly shown me my duty and privilege that I am in a little time returning to the Sanitarium to help what I can to bring about the Master's kingdom. It has been a strenuous summer to me and I feel weary; still my heart turns lovingly to the dear Sanitarium with its many hallowed memories."

President Brown, of the Valparaiso, Ind., University, who is taking treatment at the Sanitarium, is receiving a visit from his wife.

Mrs. W. O. Upson, of Fort Collins, Colo., a former student here, spent the summer at the Sanitarium, filling the place of instructor in physical culture and taking advanced work in the same. She took the place of Miss Mame Bovee during her absence at Chautauqua.

Mrs. Carrie Judd Montgomery, of Beulah, California, was at the Sanitarium for a few days, the guest of Dr. Geisel. Mrs. Montgomery is a lady of wealth and has recently completed a circuit of the globe on a visit to mission stations in all countries. She spoke of her observations and experiences to the Sanitarium family.

Mrs. Morrell, of St. Louis, wife of a prominent physician of that city, after spending the summer at Benton Harbor, was requested by her husband to visit the Sanitarium before returning home. This she did, with the result that she was much pleased with what she saw, and will shortly return to remain for some time taking treatments.

Workmen are putting in a cement tunnel between the main building and the College for conveying steam and water pipes and electric wires for the buildings on the west side of the street. Hereafter the heating will be done from the main station. This will be a saving of fuel and labor and also will do away with our smoking chimney. The furnaces of the main heating station consume their smoke so that very little escapes from the stack.

BATTLE CREEK SANITARIUM SCHOOL OF PHYSICAL EDUCATION

The Board of Directors of the Battle Creek Sanitarium have organized this school in order to crystalize the work in Scientific Massage, Swedish Gymnastics, Manual Movements, and general educational work along the lines of right living. This work has been carried on continuously for more than thirty years in connection with the gymnasium, lecture and class work for the patients, nurses, students, and general help of the Battle Creek Sanitarium.

The following subjects are given: ANATOMY, HISTOLOGY, PHYSIOLOGY and HYGIENE, HYDROTHERAPY, MASSAGE, FIRST AID and EMERGENCY NURSING, DIETETICS, PHYSICAL DIAGNOSIS and ANTHROPOMETRY, MECHANOTHERAPY, MASSAGE, FIRST AID and EMERGENCY NURSING, DIETETICS, PHYSICAL DIAGNOSIS and PHYSIOLOGY OF EXERCISE, ANTHROPOMETRY, GYMNASIUM NOMENCLATURE and TACTICS, GENERAL GYMNASIUM and MARCHING, MAT WORK and TUMBLING, APPARATUS WORK, WRESTLING and FENCING, CORRECTIVE EXERCISES and MANUAL SWEDISH MOVEMENTS, and ATHLETICS and FIELD WORK.

The tuition for the year's course is \$65.00. By working from three to six hours a day, each student will be able to pay practically all of his running expenses. An opportunity for such work will be offered in the various departments of the Sanitarium.

The regular school year opens October fourth, and closes June 3, 1910.

Any who are interested will be sent illustrated announcement with further details on request. Address.

The Battle Creek Sanitarium School of Physical Education
BATTLE CREEK, MICHIGAN

THE BATTLE CREEK IDEA



Vol. II No. 42

BATTLE CREEK, MICH., SEPTEMBER 24, 1909

Price 2 Cents

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Addresses in the Sanitarium Chapel by
Horace Fletcher, John F. Staple-
ton, and Dr. J. H. Kellogg

Mr. Fletcher's Address

THERE is one word that we must put upon the list of felicities, and that word is *forethought*. Our time is divided into three peri-

HOW THE SANITARIUM WORK IS MANAGED

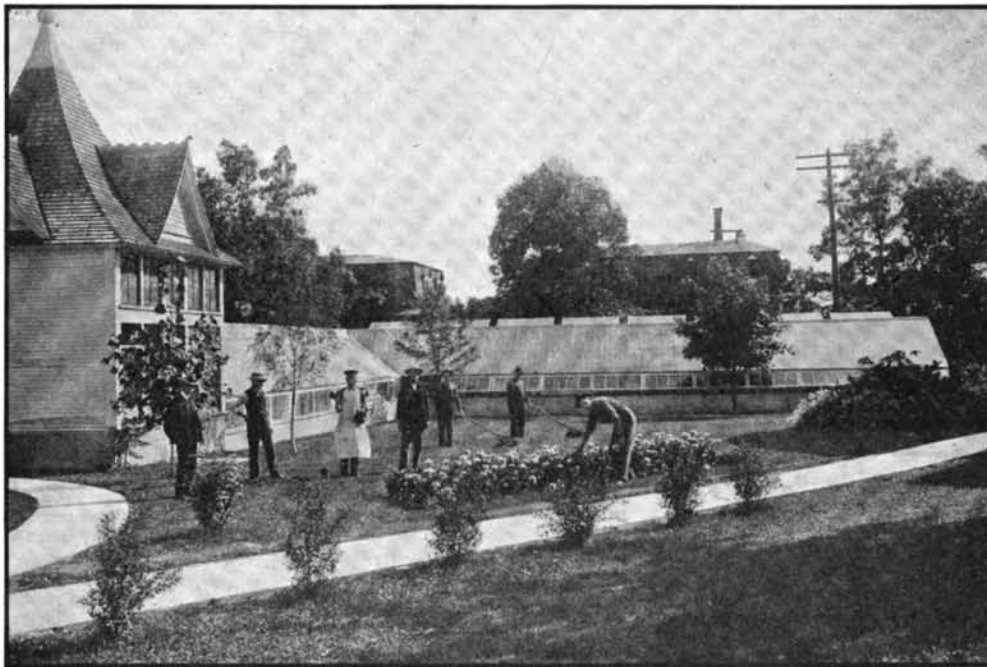
The Work is Divided Into Many Depart-
ments and All Work Together
In Harmony

A QUESTION that one hears about the Sanitarium very frequently is, "Who is boss here?" or "Who is the manager?" or some similar inquiry based upon the supposition

TOBACCO DEADLY POISON IN ANY AND ALL DOSES

Dr. J. H. Kellogg Replies to the Question,
"Do Three Cigars a Day Do Harm?"
A Forcible Lesson

I AM asked the question, "Are three cigars daily very injurious, especially if inhaled?" I am quite sure the question is in a lady's handwriting. I do not think any man would ask



WORKMEN ON THE SANITARIUM LAWN

ods: the past, the present, and the future. The past is gone, and except for purposes of pleasant reminiscences, let it go. "Let the dead bury their dead." The present does not exist, because, the instant a moment has arrived, it is gone; consequently, we are living in the future; and the future is, as we live in it, forethought. But we must make sure that forethought has had eliminated from it any element of fear-thought. Forethought, not fear-thought, is the perfect thing in this constructive series. Then, exercising all of the forethought possible without fear-thought, we may cultivate appreciation to the full extent, because appreciation is the measure of all val-

(Continued on page two)

that such a large community of workers so intimately associated in work must necessarily have some head man who is here and there ordering and directing the whole affair. It is the universal case that enterprises of this size have a superintendent or manager who is supposed to keep a sharp eye on everything and everybody, who will dismiss peremptorily without judge or jury any employee who does not come up to the mark of efficiency, and who exercises more or less of arbitrary authority in carrying out the work to the best advantage according to his own ideas. His word is law, and there is no appeal from it. Railroads, factories, mills, and all enterprises where a large

(Continued on page four)

me that question. But there is probably some lady who has a gentleman friend at home, and she wants to be fortified with some statement which she can quote with reference to the three cigars a day. Are they *very* injurious?

Yes, they are injurious enough to kill a man. Now, suppose a man were on board a ship, and had to swim for his life, the ship was sinking, and he had to swim half a mile to shore. He was not accustomed to swimming that distance, and he was preparing to spring overboard; he would be very certain to divest himself of everything that was unnecessary.

I once heard of a man who had a bag of gold on board a vessel with him, and being compelled to swim for life, tied it to himself along with

the life-preserver, and he went straight to the bottom, gold and all. Now, suppose a person swimming for life was just barely able to keep his nose above water, how many silver dollars would it take placed on that man's head to get his nose under water? You say it would not take more than five or ten of them to submerge that man. He is so nicely balanced, his nose is just barely out of the water, and every little weight on his head would bring him lower in the water. A man with his nose half an inch under water is just as bad off as though he were one hundred feet under water. He would just as certainly drown as if he were at the bottom of the sea.

A NAIL IN HIS COFFIN

That is the situation with the man who is smoking. He is getting worse every day; his blood-pressure is rising, the arteries are getting harder every day; the kidneys are being consumed by the poisonous materials circulating through them every day. That man, in other words, is sinking, sinking, getting further down in the water every day, and he gets down by and by where his nose is just barely above the water, and he says, "Will two or three cigars a day do me any harm? I have been smoking twenty cigars a day, and two or three certainly could not do me any harm. I have got used to it, you know." That is a fatal delusion, my friends, that leads so many people straight down to death—that they can get used to poison, so that it does not do them any harm. No; that is not true at all. When a man or boy begins to smoke, it makes him very sick, he becomes pale, and feels very miserable. After he has smoked a few cigars, he does not feel that way; he is used to it now, and imagines it does not do him any harm. But it is doing him harm. As long as he vomits he gets rid of a lot of poison, but now when he does not, the poison must be drained through the kidneys, and the kidneys are becoming more poisoned every day; and every cigar that man smokes is, as has been said, a nail in his coffin. He is committing suicide by degrees. Here is a man who has gotten down where he knows that twenty cigars a day hurt him. There was a time when he thought that twenty cigars did not do him any harm. Now he has got to the point where he knows that twenty cigars do him harm, and he cuts down to ten, then to five, and now to three, and he wants to get the doctor's endorsement of the idea that three cigars would not do him any harm.

My friends, it is not possible to say that; it is absolutely wicked to say they no not do him any harm, because it is absolutely false. One can not smoke one cigar without its doing him harm. It is like a sinker on a man's head who is swimming for his life. Every cigar does him harm. The only hope for that man is to get entirely rid of tobacco. His kidneys have become so crippled that as he smokes they no longer eliminate the nicotine as he takes it in. So long as a man's kidneys and liver are able to eliminate poison as fast as it is taken in, he does not feel that it is harming him.

OVER-DRAWING HIS ACCOUNT

It is like a man drawing his money from a bank. He draws checks and wastes his money, and he does not feel any injury. He is still able to pay for lodging, to buy his dinner with money. He feels no poorer from this reckless expenditure of money. But by and by he sends a check for two hundred dollars to the bank, and the check is dishonored; the banker says to him, "You have no money here, and your income is only fifty cents a day; your money is gone." "Well," he says, "I will have to begin to economize now.

I will have to cut down a good many of my expenditures. I shall not be able to buy fast horses any more; I shall not be able to give banquets any more; I will have to cut all that out. I shall have to confine myself to automobile parties and things of that sort." But he has not money enough to support an automobile. He has barely enough to pay for his dinner. To-morrow he will have fifty cents there and if he uses but fifty cents a day, he may get along, because he happens to have a little property, and there is a little income coming in, just barely enough to pay for a dinner for him every day; and that is all the property he has left. He never can do any of those extravagant things any more.

Now that, my friends, is exactly the situation of the man who uses tobacco, or of the man or woman who uses tea or coffee. Persons who have been going on in a reckless way, expending vital energy until they get to a point where they know it hurts them, are not simply beginning to be hurt by tobacco; they have been ruined by tobacco; their great capital of vitality, strength and vigor, inherited from splendid ancestors, perhaps, is all gone; nothing is left now but just simply enough vitality with which to do a little very simple, ordinary business of life. Such a man can just barely digest simple food; he can just barely keep himself above water, so to speak, he has nothing at all to use for emergencies.

A FOOLISH WASTE OF VITALITY

How foolish it is to use up the capital God has given us, to throw away vitality and strength intended to last one hundred years, to burn it with tobacco, to destroy it by tea, coffee, big dinners of indigestible things, and neglect our physical welfare—what a foolish thing it is to do!

And when one has found out a certain thing is hurting him, when he has reached the point where he thinks, "Now, then, I must cut off some of this expense; I must not expend so much of my vitality in this way," his only way to escape is to cut it off absolutely, at once, because, as I said before, he is bankrupt. When a man comes to the point where he finds that the things he has been doing habitually for years and years without apparent injury do actually hurt him, it is too late to fully retrace his steps; that man is spoiled, and can only patch up the balance of his existence by the very best of care.

I am speaking a little at length on this because many of you are going home pretty soon, and I shall not see you again, perhaps, ever, and I do not want you to go home with the delusion that while you have come here and have been helped and are feeling better, that now you can go back to your old ways again. Do not imagine that you are restored to your first condition so that you can do the same things you used to do; so that you can eat the same things you used to eat and do it with impunity. That is the greatest mistake in the world. You have got to walk a crack the rest of your life. If you have found you are better because you have adopted the antitoxic diet, you must stick to the antitoxic diet just as long as you live.

Now, my friends, do not go back to the old ways. If you have learned to chew your food, continue to fletcherize, be enthusiastic about it. If you have obtained good from it, continue to enjoy the benefit. You heard Mr. Goodwin Brown telling a few weeks ago what a wonderful benefit he had got. He still smoked a little, and he took a good cup of coffee in the morning, and he still ate a little meat once in a while; but I had a letter from him a day or two ago and he said, "Doctor,

since I left the Sanitarium I have not tasted meat; I have cut out cigars, and tea and coffee, and I do not think I shall ever take them any more." It is simply marvelous how much better he felt from fletcherizing while he was here, and I told him he had not taken the advanced degrees in fletcherism; that it was time for him to take a higher degree; so he thought he would try it, and sure enough, he was immensely rewarded, and he is so enthusiastic about it he is going to keep right on. And the same reward is for you and all who are willing to renounce those old habits and ways of living that have brought trouble, and to follow the things that are right and true.

FORETHOUGHT THE KEYNOTE

(Continued from page one)

ues. Any time that we spend in the appreciation of even the smallest of blessings is profitably employed; but anything in the form of either indifference or depreciation is poisonous.

So that if we spend the greater part of our time appreciating the blessings we have, few or many, it will be profitable. Let me tell you a story. We have, down on the East Side of New York, where we are operating an experiment station to learn how to teach these truths to those in need, an old Irish woman who is such a pronounced optimist that she does not require anything else. She lives entirely upon optimism; she eats and breathes optimism, and is living in an atmosphere of optimism. She has only one or two garments to her name, yet she is full of radiating happiness, and goes about through the community looking up people who are not so happy as she is; and she makes their acquaintance and tells them how perfectly silly it is to devote any time to thinking about troubles when there are so many blessings; and she gives herself as an illustration. She says, "Now, I haven't much of this world's goods, and nobody would change places with me; but I have two teeth and, thank God, they hit." That is the capital in trade of that old woman, and she goes about shedding sunshine merely by clicking those two teeth together, and incidentally using them to bite her food. So, if we cultivate appreciation of the little things by which we are surrounded—and most of us are perfectly swamped with them—we shall have no time for depreciation.

But there is the other side—some things are only to be depreciated; and it will delight the heart of Dr. Kellogg when I give this list of the things that are unprofitable, because the reaction is greater than the stimulation, and because they leave a mark, or what you may call a stain. They are tea, coffee, tobacco, alcohol, food in any excess. And then come those unprofitable, poisonous, mud-staining emotions of hate, anger, worry, pessimism, controversy, and all of those depressing emotions; and at the bottom of that list we have fear-thought, which we have relegated to the unprofitables.

And it is entirely possible to get rid of fear-thought; it is entirely possible to put yourself in such harmony with the inevitable that even a cry of fire would not disturb you and make you get up and try to run out of the house and climb over somebody to do it. You would retain your ordinary sense, and retain your digestion at the same time. So that one of the first things to be gotten rid of is fear-thought. Then, below fear-thought, comes indifference and depreciation, both of which are not respectable.

I have used a large part of the time at my disposal in telling you about this, but I want to say that I am not speaking to you of theories. A living model is worth all the theories in the world, and we are getting some living models. My own experiences are the foundation

of the enthusiasm which I put into this work; and then, coming along side by side with me in this competition for the higher efficiency, you have one of the best models that the world ever knew, in Dr. Kellogg. Even those of you who are here at the Sanitarium and remain for months, in all of that time do not get an adequate idea of the amount of work that Dr. Kellogg is doing. He sleeps less than any man I know; he works more than any man I know; and he does not work along what might be called uncertain or vague lines; he performs with his own hands more than a thousand major surgical operations a year, which would be the work of a whole staff of ordinary surgeons; he superintends a great institution; he is the father of a family of forty children by adoption, and grandchildren coming on in droves; he performs besides all this the work of editor, an extensive correspondence, publishes extensively, in fact, carries on innumerable lines of work, and never is tired.

Now, Dr. Kellogg lives upon a ration which, if the world knew it, would make it rich. There is already being saved in the United States, on a conservative estimate, every day, more than a quarter of a million dollars as the result of the agitation we have been carrying on jointly for the past ten years, and it is increasing in tidal-wave proportions, in geometric ratio. Think of the enormous saving, and when you come to a realization of the fact that the saving results in an accumulation of energy which has been estimated at anywhere from fifty to two hundred per cent, as the result of that economy, and when you come to think that when this knowledge is distributed throughout the land, as we intend to distribute it, that it will practically transform the human race from a state of dyspeptics and invalids into a state of highly efficient altruists, you will see that the progressive improvement of the human race towards the goal of health and efficiency is the greatest wonder of the age.

And then again, we have with us this evening, a young gentleman who is almost a model of muscular perfection, with the natural accompaniment that comes to all perfection along all the line of human interests. And this accomplishment which has been attained within the past six years, has been the result of his own work, along the same line that any of us may work. He was chosen, a young man of twenty-three at the time of the Chittenden experiments seven years ago, from the Yale athletes; at that time he was teacher of wrestling in the Yale gymnasium and was selected as the best type of the heavy-weight gymnast, in the pink of condition under the old system of training. He served through these experiments, and out of those experiments secured the secret, and for seven years he has been taking his food in the careful way I have suggested, and has been getting the benefit of it that all of you may achieve. And as a result, he has increased the total of his strength and endurance by more than one hundred per cent without any extraordinary training to that end, and as a living model and one who can speak from experience, I am going to ask him to tell you something of his experience, because it will be that which all of you can take and use for your own advantage. I take pleasure in introducing to you Mr. John F. Stapleton, formerly of Yale University, more recently of the St. Luke's School, at Wayne, Pennsylvania, and who is now associated in this missionary movement of spreading the gospel of dietetic righteousness.

Mr. Stapleton's Address

MR. STAPLETON: I became interested in diet over six years ago, when Dr. Crittenden conducted the experiments in the Yale scientific school. I was one of those subjects they "tried

to starve to death," but they were not successful. Dr. Crittenden wanted to prove that a man could do a maximum amount of work on a maximum amount of food, and I think that all the physiologists agree that he proved his position. The ideas that he advanced concerning a low-protein diet are excellent, and if all could have the facilities and knowledge afforded in this institution, to show how much protein, and how much carbohydrate are in the different foods, it would be easy enough to make selections of the various kinds of food which are good to eat; but as all do not have these opportunities there must be some other way of discerning the proper food, if that form of diet is to be a success; and the way that form of diet can be made plain is by thoroughly chewing your food.

This is a very peculiar thing, and a great many people do not believe it, and lots of people are so fond of those things that have too much protein in them, and are not good for them, that they say, "I could not possibly give them up." For instance, people who are fond of meat will say, "There is nothing in the world

I can think of that will take the place of meat;" and there I always think of those who can not swim. They think they never can, but when they have learned, they wonder why they could not always do it. It is the easiest thing in the world; and so it is with regard to things that are not good for your body. Once you get into the habit of eating the right things, you will never think of the things that are bad for you, regardless of how much you cared for them at the beginning.

And the thorough mastication of food will bring this particular result. I believe that if the experiments that were conducted in New Haven to find out just the effect that the food was having were conducted again with a grade of people who were fletcherizing, without paying any attention to the kind of food they were eating, the results would be practically the same, because those who thoroughly fletcherize make almost exactly the same selection as those who select from a chart. You will find if you chew meat thoroughly, no matter how well you like it, you will gradually grow

(Continued on page five)



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VOL. II SEPTEMBER 24, 1909 No. 42

CORRELATED REFORMS

Food reform is the basis of all physical reform. And physical reforms follow in logical, or perhaps, in natural sequence. The appetite is the natural guide in the selection and eating of food. A correct appetite has associated with the gustatory sensation an element of intelligent discernment and conscientious principle. We are not satisfied that so important a function as that of feeding the body should be left under the control of gust alone, since that is a thing easily influenced by the prevailing mental state and environments. When an individual awakens to the importance of rectifying his habits of eating and gives serious attention to that matter and evinces a determination to conform willingly, gladly, and wholly to that which is right, it is evidence that conscience and intelligence are at work. And when that man has won a complete victory over the perverted appetite so that he holds the supremacy over his evil habits of feeding, and is able to keep them in subjection, he is nearly sure to march on until the field is clear, and a complete victory is attained.

It would be a very rare thing to see a man who rejects from his bill of fare the harmful meats and condiments so frequently found upon the tables of civilization, indulging in intoxicating liquors or tobacco. There may be found such an anomaly, but, personally, we have never yet seen a tobacco-using or whisky-drinking vegetarian. And should such a monstrosity exist, that would not overturn the theory that temperance reform begins rightfully and naturally with the diet, and that it logically leads to temperance in all things.

Mr. Horace Fletcher's teachings and experience prove this. He has not undertaken to carry the work of reform any farther or any faster than he was prompted to do by his appetite. When we first saw him, that work had not proceeded to anywhere near the point it has now reached. He is following the guidance of instinct, but we apprehend that instinct is itself controlled or influenced very largely by an enlightened and awakened conscience which step by step leads upward, bringing these reforms into sight.

Another case in point is the movement referred to in the article on a "Century of Vegetarianism" appears in another column. One hundred years ago the man who led to the formation of an organized society of vege-

tarians led the same company to adopt the principles of total abstinence from all intoxicants. Very naturally so. Established in this country in 1817, the same thing occurred and here the pioneer vegetarian society became the pioneer temperance organization. And in all these ranks as a natural sequence war is waged against tobacco, and all physical obliquity as fast as it is discerned.

Nor does the matter rest there, for moral righteousness follows in the same train. The awakened conscience is by no means satisfied with physical rectitude; the very recognition of moral obligation in the matters of temperance leads to recognition of moral reformation in other directions. Spirituality is also included in the same train of thought and reform. True, all do not reach the same conclusions or attain the same point in moral and spiritual matters, but it will go without controversy that a reform that begins with the appetite, and brings under discipline the habits of eating will, unless checked, renovate the entire man, place his feet upon a higher ground, and give an upward trend to his entire life.

Consequently, those who are working for physical reform, and especially for food reform, are aiming at all true reform; and those who have had the courage to take their appetites in hand and bring them under control, have fought and won the first and greatest battle with perverted nature, and have taken the first step in all upright living.

SANITARIUM IS MANAGED

(Continued from page one)

number of people are employed are controlled in their operation by men vested with a good deal of power and discretion, which they use as they think best. They are accountable only to the directors or general officers.

Therefore, it is a source of surprise to such men when they ask, as they invariably do, "Where is the boss of this whole thing?" "Where is the general manager?" to find that there is no such character. They have been looking around to see some man who is ordering people about, and scolding delinquents, and directing things in a general way, but have not seen him, and they naturally want to know where he is. When they are told that there is no such man in the institution, they have to be assured of it a few times before they really credit it.

To be sure, the Sanitarium has its superintendent, who is fully cognizant of what is going on and how it is going in each department as well as in a general way. And there are various officers whose duties are not confined to a single department; but the work of this institution is not animated and urged forward under the impulse and authority of any one man. The work is divided consistently into a large number of departments. There are probably twenty-five of these departments, and there is a foreman or forewoman at the head of each, who bears the responsibility in that portion of the work of the institution.

It is essential that the work in each department should be efficiently and economically performed; it must be satisfactory to the interests of the institution and to the welfare of its patrons. Not only that, but there is an intimate sympathy and intermingling of

interests between the departments which call for close and friendly co-operation. Each department must be actuated not only in behalf of its own success, it must contribute its share to the success of the whole fabric, and be helpful to all other parts of the work.

Now, the crux of the matter is to obtain heads of the departments who will faithfully and conscientiously see to it that his or her part of the work is well done in itself and that it fills just the place it should in the whole. And it would be nearly in vain to procure such leaders if the workers also were not imbued with the same idea and purpose. The question is, Can such helpers be procured? The Sanitarium is a practical answer to that question, to which it replies in the affirmative. When intelligent faithfulness and loyalty actuate each department, and when every part is acting efficiently and harmoniously with other parts, the whole will be successful and satisfactory to look upon. That is just what exists in the Battle Creek Sanitarium.

Consequently there is an absence of scolding and contending, an absence of jealousies and pulling and hauling for advantages. The spirit that moved in the establishment of a self-denying philanthropic enterprise still lives in the hearts of the great family of workers. Especially does it live in the hearts of those who direct the work in the various departments. Consequently, there is no call for the

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exercise of arbitrary and harsh authority. If a person gets into the working force who does not comport himself in harmony with this plan, he is soon kindly given to understand that he is in the wrong place, and that he can do better in his way elsewhere, and we shall be able to do better in our way without him. The Labor Committee, which, in a general way at least, does the employing and discharging of help and the fixing of wages, is composed of representative workers from various departments. Should there be any occasion, an appeal could be taken from their decision to the Board of Trustees, which meets once in two weeks. And this Board, too, is made up of employees of the institution, actually engaged in its working. So that the practical working of the Sanitarium with its 800 employees is controlled by those who have the work in hand, and they are those who have demonstrated that the interests thus committed to them are more sacred than any personal or selfish consideration could ever be; and under such conditions the interests of the institution and its patrons are perfectly safe. Mistakes may occur, as all are fallible, but there is a spirit in the institution that leads at once to the recognition and reparation of mistakes. There are no personal interests involved, and consequently none to be served. The welfare of the cause, the upbuilding of humanity, the glory of God, and the best interests of those to whom the work ministers—these constitute the great aim before the workers, and they are continually held up for all.

The willingness with which these Christian workers conform to these purposes is the secret of the peace and unity, the quietness and content, and good cheer which prevail everywhere in our great family of workers.

you will thoroughly masticate them. You will select the foods that are proper, and that your system needs—foods that are peculiarly suited to your own individuality.

Dr. Kellogg

DR. KELLOGG: Mr. Fletcher has made more great discoveries than any man I know of. I wish to emphasize two or three points, which I think are important. Mr. Fletcher made the discovery that the thorough mastication of food is the most important thing we can do in relation to our nutrition. It makes more difference, in other words, *how* we eat than *what* we eat. He has also discovered that if we chew properly it will correct wrong eating. If we have gotten into wrong habits of eating, proper chewing will correct those wrong habits, and we will be instructed by our natural sensations what to eat, how much to eat, and when to eat.

And the third discovery that Mr. Fletcher has made is the fact that there is an instinct within us to instruct us in relation to this whole matter of nutrition, which is set in operation



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FORETHOUGHT THE KEYNOTE

(Continued from page three)

to care less for it. Now, no one has a better right to say that than myself, because I was a great lover of meat; and I found that I cared absolutely nothing for meat shortly after I began to fletcherize; and I have sat for nearly seven years at tables in private schools where I have had charge of physical training work with boys, where meat has been one of the features of the school, and have carved meat two or three times a day. And that is quite a different test from the average person who discards meat and does not have it on the table at all. On account of discipline I had to go to the table, and carve that meat, and no matter how juicy or how delicious it may have looked in the past, there never was any temptation to eat it. It was very, very rarely that I had any desire at all, and if I ever did have any desire for meat, it was for meat that was very fat.

The object of all this, of course, is to gain health. At the end of the Chittenden experiment, I had gained a great deal in strength as a result of proper eating. I remember that at the time I began I was considered to be in the pink of condition. I did not believe that it would be possible for me to be stronger or to be in better condition, and yet I found that six years later I was able to lift nearly twice as much as I was at that time, and in feats of endurance I was able to triple the best records I had ever made, and all that without any particular training for it; that is, without making any effort at endurance. And I can not think of anything that is the cause of this improvement except proper eating; and proper eating or the proper selection of food, is caused by the thorough mastication of food. You do not need to pay any attention to what foods contain if

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L. J. BUSH,

Passenger Agent

when we give it an opportunity to act by thorough mastication of the food. A horse has what we call horse sense. He knows what to eat, when to eat, and how to eat. He does not have to have some one come along and tell him to fletcherize, he fletcherizes without instruction; but human beings seem to have lost their horse sense. We say that sometimes without appreciating how actually true it is; for the horse, never having departed from natural habits, still follows his natural instincts, and his sense leads him right. We sometimes fall into serious misfortunes in consequence. The animals eat foods that are adapted to them. Human beings, if they follow the instincts that are put into them by the Creator, will be able to find the right way without any difficulty.

I dare say we should not have this audience here to-night if people had always carefully followed their natural, unperverted instincts; we would have no need for sanitariums if people would only learn to fletcherize. What a splendid truth it is! This great principle that Mr. Fletcher has brought to our notice so graphically, and has been explaining so lucidly—that there is an intelligence within us capable of guiding us right so that we are not turned loose to drift and wander into disease and suffering, so that we have to have a doctor at hand to tell us what to eat, a mentor to direct us, is surely a magnificent reality. We have an intelligent mentor within us that is capable of guiding us exactly right and making better prescriptions for us than is possible for any doctor to make.

Seven years ago Mr. Fletcher made his first visit to us. We were in a turmoil at that time, just after our fire. Mr. Fletcher came and said, "I have discovered that you and I are working in the same line. I came to tell you of the discoveries I have made. I think you will find them useful here." I am ashamed to say that although I had understood the importance of chewing food years before, I had been so busy in doing missionary work of various kinds and building up our work, that I had quite forgotten about it; and was bolting my dinners in great haste. I always worked answering letters while eating breakfast and during dinner, and was filled with fear-thought, with worries and anxieties, and all sorts of depressing feelings. Mr. Fletcher did me much good, in holding up a new picture to me. I had really become much of a pessimist. It seemed to me the whole world was going wrong, and there was no hope for accomplishing any good. If we could just save a few people that were pretty badly maimed and crippled, it would be better than nothing, perhaps, but the rest of the folks were going to the bad any way, and it was really a dark lookout.

Mr. Fletcher explained his discovery about chewing, told me what he was going to do, and I have found him the truest prophet I ever met. He said, "I am going to make scientific men recognize these discoveries." They had not done so then. "And when the scientific men

recognize this, and get into it, they are going to vindicate the things you are doing here at Battle Creek. The decision they come to, the result of their experiments, will certainly be a vindication of this low-protein, non-flesh dietary; and the things you are doing here and have been doing all these years." I said, "Mr. Fletcher, this looks very good, but I can hardly believe it." So I watched with a good deal of interest and anxiety the next two or three years. By and by Professor Chittenden's experiments with Mr. Stapleton and others during nine months in which he fed them on a low-protein diet, lower and lower all the while, were concluded, and the results were published, and confirmed absolutely Mr. Fletcher's predictions, although there were so many who opposed this idea. The butchers were all opposed to it. The meat vendors and packing companies, the great vested interests were violently opposed to this reform; and many people who were fond of beefsteaks, and had given up to their perverted appetites, opposed this reform; but notwithstanding all this, Mr. Fletcher succeeded in interesting scientific men after an expenditure of many years of effort and thousands of dollars, in which he traveled from one physiologist to another, submitted himself for experimental investigation, and expounded his views, and finally succeeded in interesting men sufficiently

to make this scientific investigation; and the results came out exactly as he prophesied.

I confess no one has realized greater good and greater benefit from these discoveries than I have. Personally, I am certain I have greatly increased my endurance and fitness. Then, in our work here at the Sanitarium, we have found our task of helping sick people get well immensely lightened by carefully following these principles and requiring our patients to do it. If we could only get them all to do it thoroughly; to fletcherize very thoroughly every morsel of food, it would be very much easier; but it is hard to break up wrong habits.

We used to say to our patients, "You must not eat this or that; you must not combine this with that, or any other thing with this thing; they will disagree." Now, we have only to say, "Fletcherize, fletcherize," because in the fluid state everything agrees, all combinations agree when everything is properly chewed. We have our bills of fare with the calories put down for the benefit of the people whose tastes are still perverted, who have not reformed yet; but you do not have to take the bills of fare home with you; you do not have to measure your food, because if you get an appetite thoroughly trained and get rid of the old appetite entirely, then you can depend upon this mentor to take care of you.

CHICAGO EXCURSION, Sunday, Sep. 26, 1909

— VIA —

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Chicago and return, - \$2.25

South Bend and return, \$1.60

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Tickets good going only on fast train No. 5, leaving at 2:25 A. M., returning on fast train No. 6, leaving Chicago at 10:30 P. M. Ample time to see the ball game, Chicago vs. Boston.

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Repairing of All Kinds Neatly and Promptly Done

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ARRIVALS

The following is the list of arrivals at the Battle Creek Sanitarium for the week ending September 19: C. S. Doster and wife, O.; E. L. Kennedy, Fla.; Miss Elizabeth Kennedy, Fla.; Mrs. A. Gehrke, Mich.; C. F. Schaffner, O.; Adam Long, Kansas City; E. M. Riggs, Ia.; Mrs. J. A. Pond, Mich.; Mr. Jas. H. Campbell, Grand Rapids; Mrs. H. E. Gaffney, Pa.; J. W. Jones, Ind.; Henry S. Clubb, Philadelphia; Mrs. J. S. Kimberley, Wis.; Dr. and Mrs. W. E. Minor, Kansas City; Miss Marie Minor, Kansas City; M. W. Oiekey, Mont.; Chas. F. Papazone, Mich.; Samuel G. Field, Chicago; Mrs. M. S. Simpson, Pa.; Mr. and Mrs. W. F. Lewis, O.; Mr. and Mrs. A. Muth, Mrs. W. F. Lewis, O.; Mr. and Mrs. A. Muth, O.; Mrs. C. F. Whitney and daughter, Kansas City; Mrs. Milo B. Smith, Ind.; Harry La Plante, Ind.; M. H. Carter, New York; J. D. Welsh, Ill.; O. Shoemaker, Mich.; C. C. Creagan, New York; Mrs. B. Spangle, Pa.; Mary F. Stilgen, Pa.; W. S. Lang, Pa.; Henry Haendle, Detroit; S. H. Preston, Lansing; A. H. Scott, O.; Nelle Hall, Ind.; Alice S. Lawton, Wis.; C. S. Netzorg, Mich.; Minerva Stillman, Wis.; H. P. Reize, Kans.; Elmer F. Otis, N. Y.; Mrs. E. E. Neal, Ind.; Sam Anderson, Minn.; Everett McCallister, Ill.; Geo. L. Miller, Okla.; August Eekhoff, Texas; Mr. J. H. Collier and wife, Ill.; Miss Thompson, Chicago; Mrs. Dr. M. P. Morrell, St. Louis; Y. Allen Holman and wife, Ala.; H. H. Ashnefelter, Philadelphia; H. A. Ebeline, Detroit; Wm. C. White, China; Mrs. Jennie Johnson, Okla.; Mrs. N. J. Berston, Mich.; P. M. Covey, Mich.; W. H. Moore, Mich.; W. R. Moore, Mich.; Mrs. W. M. Anderson, Mich.; Byron Mathews, Mich.; Dr. W. B. Sprague, Mich.; J. E. Ganible and wife, Mich.; Mrs. Rod Armstrong, Tenn.; Edna M. Wolff, Tenn.; O. Mopman, Chicago; Mrs. Theodore L. Abbott, Mex.; Miss C. R. Brim, Wis.; Walter Swiggett and wife, Ind.; W. D. Dorre and wife, Ark.; J. E. Halliday, O.; J. H. Foster, St. Louis; L. Ernest Moore and wife, Ark.; Burton J. Hendrick, New York; Charles E. Kelly, New York; Floyd Smith, Madison; Emma D. Reitz, O.; W. W. Carpenter, Jr., and wife, Cal.; William Trenholm, Montreal; Mr. and Mrs. Schermerhorn, Mich.; Mrs. Schermerhorn and Mrs. Wood, Mich.; Mrs. N. J. Berston, Mich.; P. E. Woopman, Chicago; W. W. Dunson and son, La.; Dr. Joseph M. Cramon, Mt. Clemens; Harriet S. Sarmon, N. Y.; Mrs. C. E. Heisick, O.; Blanche Herrick, O.; Mrs. M. B. Y. Evans, N. Y.; Miss Lillian Evans, N. Y.; Miss Delia Barden, St. Louis; Dr. Oswald C. Fluemen, Mich.; Miss Lillie Moon, Texas; Miss Cornora Moon, Tex.; J. A. Farwell, Denver; Geo. Bond and wife, Texas; Miss Thelma Bond, Texas; H. R. Dotsch, Mich.; James O. Carr, N. Y.; D. W. Barnard, Detroit; Mrs. B. Webster, Chicago; A. E. Maxwell, Pittsburg; H. L. Wagner, Texas; Mrs. H. M. Sherwood, Chicago; Miss Angie M. Taylor, Chicago; Mrs. Yutz, Mich.; Miss Caroline Smith, Chicago; Charles Allen Hall, St. Louis; Robt. C. Lyon, Ill.; Bessie B. Sinclair, Va.; Delier Baddier, St. Louis; William H. Goldsmith, N. Y.; E. J. Dulkes, Ind.; P. J. Livingston and wife, Toronto; W. W. Nichols, N. Y.; Geo. L. Miller, Okla.; S. S.

McClure, N. Y.; Mrs. J. G. Reynolds, Mich.; Henry O. Reynolds, Mich.; A. Reeve, Ind.; Mr. and Mrs. E. E. French, Cal.; Miss Ethel French, Cal.; C. K. Bind, Ky.; E. L. Kennedy, Fla.; Don T. Van Liew, Ind.; J. A. Kimberly, Wis.; Mrs. W. Netzorg, Mich.; Miss E. Sodekson, Tex.; Miss L. G. Hallfield, Tex.; Van A. Webster, San Antonio; Miss Ella M. Leland, Ala.; Miss Carrie Leland, Ala.; J. B. Farthing, Texas; Miss Lou Hutchinson, Chicago; Mrs. David A. Nease, San Antonio, Katherine Norton, Chicago; Sara Norton, Chicago; H. H. Appleton, Pa.

News and Personals

Rev. H. A. Bassett, who presides over an important district of missionary operations of the Methodist church in Mexico, recently spoke of his work and of conditions in our neighboring republic to the Sanitarium family.

Dr. A. J. Read, receiving physician for the Sanitarium, has been on a trip to Florida and other regions of the South. He reports a pleasant visit with Mr. W. H. Hall, of Bartow, who for many years filled the place of steward for this institution.

Rev. W. S. Long, of Altoona, Pa., who was a patient with us two years ago, has returned to the Sanitarium for a brief period of rest and recuperation.

Drs. Elmer and Clara Otis, who have been doing sanitarium work on Lake George during the past summer, have returned to their position and work upon the Sanitarium medical staff.

We intended to have published this week an account of the opening of the American Medical Missionary College, but because the Freshman class has not all arrived and we wish to publish their picture, it has been decided to postpone this matter for another week.

Next Sabbath forenoon Rev. W. S. Long, of Altoona, Pa., will preach in the chapel. Mr. Long has been a patient in the Sanitarium and has returned for a short stay to renew old acquaintances. We shall esteem it a privilege to listen again to his intelligent and earnest preaching.

Mrs. Mary M. Cutler, M. D., of Seoul, Korea, who is in charge of the Woman's Hospital there, has been a welcome guest at the Sanitarium for a few weeks. Dr. Cutler is now on a lecture tour in different parts of the country. She goes out under the auspices of the Woman's Board of Foreign Missions.

The annual meeting of the Lansing Presbytery was held in Battle Creek last week. All of the ministers attending were invited to a complimentary dinner at the Sanitarium on Thursday. The resident ministers of the Sanitarium were invited, and a very pleasant season was enjoyed.



TWO COURSES IN DOMESTIC SCIENCE

The One-Year Course, intended especially for Matrons and Housekeepers or for those who desire it for its educational value, includes General Cookery, Invalid Cookery Institutional Cookery and Practice Cookery, Anatomy and Physiology, Household Chemistry, Home Nursing, Household Microscopy, Household Microscopy, Household Economics and Architecture, Sewing, Medical Dietetics, Theory, Table Service, Physical Culture, etc.

The Two-Year or professional course, intended especially for Dietitians, Lecturers, and Demonstrators, includes all the studies of the one-year course, and in addition Advanced Chemistry, Advanced Physiology, Sanitary Science, Bacteriology, and Hygiene, and Advanced English.

ONE SPECIAL FEATURE of this school is that students are given an opportunity to meet a large part of their expenses by work along lines which aid them in their studies.

Students will be received until October 1st. Address

**The Battle Creek Sanitarium School
of Health and Household Economics**

**BATTLE CREEK
MICHIGAN**

Dr. Charles C. Creegan, of New York, District Secretary for the A. B. C. F. M., made a brief visit to the Sanitarium the first of last week, during which time he delivered the opening address for the American Medical Missionary College. Dr. Creegan has many admiring friends in the Sanitarium family.

The engagement of Dr. Wilfred Grenfell, the Labrador missionary-physician, and Miss Anna MacClanahan, of Lake Forest, Illinois, was recently announced. Dr. Grenfell has been decorated by King Edward VII as a Companion of St. Michael and St. George, and he is now to become a member of the Order of St. Benedict.

Professor V. P. Randall, of Detroit, who recently lectured so acceptably at the Sanitarium on the United States Navy, will again be with us on October 2, at which time he will present a stereopticon lecture on the light-houses and life-saving department of the government. His long association with the government service in these lines gives him special advantages as a speaker on those matters.

The Battle Creek Sanitarium School of Domestic Science and Home Economics is already under full swing in its annual class work. Some members of the last year's class are taking second year work. The new class is composed of earnest and intelligent young people. By special arrangement students may be received in this class until November first. This school affords a most excellent opportunity for education and training in all that is implied in its name. If this notice comes to any who are contemplating taking a course in domestic science they would do well to embrace the chance to enter now.

Mr. Percy C. Knapp, who has taken the last year of his nurses' course at the Sanitarium Training-School, is leaving us this week for Southwestern China. He goes out as a missionary nurse under the direction of the Methodist Board. Mr. Knapp has won the confidence and high esteem of all his fellow-workers for his gentlemanly Christian qualities. A meeting of the nurses and physicians was held in the East Hall parlor on the evening of the 20th instant to say goodbye and God bless you.

The Sanitarium pulpit was occupied last Sabbath forenoon by Pastor A. T. Jones, who delivered a most interesting and edifying discourse on the theme of God's Faith in Man. That faith is shown by what Heaven has invested in mankind, and by the responsibilities and talents entrusted to men. The example of that faith should lead us to have more faith in men when once they are brought under the influence of divine grace; and also should lead us to have more faith in God for his faith in us.

The friends of Dr. Geo. S. Ephraim met in West Hall on the evening of the 14th to say farewell to him, as he leaves us for the Edinburgh University, there to obtain British diplomas to enable him to practice and teach in his own country, Bulgaria. Dr. Ephraim came to this country for the purpose of studying English literature and translating English text-books into the Bulgarian tongue, because at present their school literature all comes through Russian agencies. Providence directed his way to this institution, where he decided to fit himself for medical missionary work. He has been with us for five years and has won for himself a large place in the respect of this community. A small host of

friends sincerely join in hearty best wishes for his future success in his chosen work.

COUNTESS OF WARWICK IS NOW A FLESH ABSTAINER

THE following announcement appears in the recent news dispatches. How much this means to one in her station, where roast beef is from time immemorial the symbol of good living and hospitality, but few can understand:

"The Countess of Warwick is the latest convert to vegetarianism.

"At a private drawing-room meeting at Easton Lodge, her Essex County seat, she declared herself to be henceforth the foe of flesh-eating and a whole-hearted reformer. Several distinguished supporters of the reformed diet movement were present to hear her announcement, including the Hon. Neville Lytton, brother of Lord Lytton, who became a vegetarian upon his marriage, and now boasts of having the healthiest family in Mayfair.

"Bernard Shaw, who characteristically declares that he hasn't eaten a fellow creature for eighteen years, was especially invited.

"The conversion of the Countess of Warwick to food reform is not likely to enhance her popularity in Essex, which is one of England's foremost beef-producing counties. The county, as a matter of fact, is disappointed in Lady Warwick.

"Her aristocratic beef-raising neighbors continue to be horrified at the thought that the Countess of Warwick not only invites the most fashionable to her mansion, but gives house parties to labor members of Parliament and their wives who are leaders of the Social Democratic league where the utmost democracy prevails."

BATTLE CREEK SANITARIUM SCHOOL OF PHYSICAL EDUCATION

The Board of Directors of the Battle Creek Sanitarium have organized this school in order to crystalize the work in Scientific Massage, Swedish Gymnastics, Manual Movements, and general educational work along the lines of right living. This work has been carried on continuously for more than thirty years in connection with the gymnasium, lecture and class work for the patients, nurses, students, and general help of the Battle Creek Sanitarium.

The following subjects are given: ANATOMY, HISTOLOGY, PHYSIOLOGY and HYGIENE, HYDROTHERAPY, MASSAGE, FIRST AID and EMERGENCY NURSING, DIETETICS, PHYSICAL DIAGNOSIS and ANTHROPOMETRY, MECHANOTHERAPY, MASSAGE, FIRST AID and EMERGENCY NURSING, DIETETICS, PHYSICAL DIAGNOSIS and PHYSIOLOGY OF EXERCISE, ANTHROPOMETRY, GYMNASIAC NOMENCLATURE and TACTICS, GENERAL GYMNASIICS and MARCHING, MAT WORK and TUMBLING, APPARATUS WORK, WRESTLING and FENCING, CORRECTIVE EXERCISES and MANUAL SWEDISH MOVEMENTS, and ATHLETICS and FIELD WORK.

The tuition for the year's course is \$65.00. By working from three to six hours a day, each student will be able to pay practically all of his running expenses. An opportunity for such work will be offered in the various departments of the Sanitarium.

The regular school year opens October fourth, and closes June 3, 1910.

Any who are interested will be sent illustrated announcement with further details on request. Address,

The Battle Creek Sanitarium School of Physical Education
BATTLE CREEK, - - - MICHIGAN

THE · BATTLE · CREEK · IDEA

Vol. II, No. 43

BATTLE CREEK, MICH., OCTOBER 1, 1909

Price 2 Cents



MEDICAL COLLEGE OPENS FOR FIFTEENTH SESSION

An Interesting Occasion. Dr. C. C. Creegan Addresses Students on Medical Missionary Work

THE above-named institution opened its doors for another year's work on the 15th of September. A meeting was held in honor of this

MR. HORACE FLETCHER ON VITAL ECONOMICS

Exhibition and Lecture by Mr. Fletcher in the Sanitarium Gymnasium, Dr. Kellogg Presiding

DR. KELLOGG: We have come to hear Mr. Fletcher again. First we shall have a glimpse of the Battle Creek Sanitarium in

RATIONAL METHODS FOR RESTORING THE HEALTH

Hydrotherapy in the Treatment of Pathological Conditions. A Lecture by J. H. Kellogg, M. D.

IN all unenlightened countries it has ever been the custom to make an attack upon a sick man with the idea that he was possessed



THE FRESHMAN CLASS OF THE AMERICAN MEDICAL MISSIONARY COLLEGE

event on the previous evening in the Sanitarium chapel. This was largely attended, not only by the students and faculty of the College but by the friends of the School and the guests of the Sanitarium as well. The room was well filled with people in sympathy with the movement for the education of missionaries to go forth to distant fields to teach and to heal.

The meeting was presided over by the president of the College, J. H. Kellogg, M. D. The congregation joined in singing, "All hail the
(Continued on page three)

motion in some motion pictures in which you will see Mr. Fletcher in a practical demonstration of the rejuvenating effects of his doctrine. These moving pictures are made by the Sanitarium photographic department, in charge of Mr. De Vault, and the whole work is done on the premises. Our photographic department is equipped to do about everything that is done in the art of photography.

After the pictures Mr. Fletcher said: Ladies and Gentlemen, let me say, by word of apology
(Continued on page five)

by a demon. The man was sometimes flogged to death. At times the demon was persuaded to go out by burning fragrant herbs that would coax him away. At times the patient was taken to a cave in which there were said to dwell beneficent spirits which were ready to take the demon and drive it out; in this case he was beset by people concealed in the cave, beaten and abused, in various ways, and finally thrown out of the mouth of the cave half dead, and if he recovered it was a great cure.

In Tartary, a practice described by Dr. G. W.

Richardson is this: The Tartar doctor gathers various leaves, herbs, twigs, and buds, and dries them. When he gets a patient, he feels his pulse, looks at his tongue, and then says to him, "You are possessed by a demon. I must give you some medicine which will drive the demon out." He seeks in his pocket for the required medicine, and if he does not happen on the right one, he writes the name of the drug or weed upon a piece of paper, and has the patient swallow it as a notification to the demon of what is coming if he does not get out quickly. That is supposed to answer almost as well as the medicine itself. If he finds that the patient is not rich he says to him, "This demon is very strong and he will not go without special persuasion. It will take a good horse to persuade him to leave. You furnish me the horse, and I will dispossess you of the demon and send him into the horse." So the man produces the horse, and the doctor exorcises the demon that is supposed to take all the incantations which he performs; then he mounts the horse and rides away. Rich patients often pay much higher fees.

To tell the truth, the practice in civilized countries even to-day is not so far removed from the idea which I have described and which has been in vogue three thousand years. The man who buys a patent medicine that is guaranteed to cure all diseases known to man, and swallows that medicine with the expectation that it is somehow or other going to exorcise the disease, is just as credulous and just as blind to the rational principles of cure as the poor patient of the Tartar doctor in the wilds of Asia.

I want to give you to-night a different impression of what rational medicine is, how the cure of disease is accomplished. It is not by *hocus pocus*; it is not by a process of exercising; it is not by antidoting some malign agency at work in the body,—it is by setting right some wrong process or wrong action that is going on. For instance, here is a person who is obese; he retains too much fat, fails to burn it up. The foodstuffs which he takes in are fuel, and this fuel must be burned. If a person takes into his body more fuel than he burns, he is in the same situation as the locomotive that takes on more coal than it burns. If it keeps on it will soon overflow into the baggage car, then the smoking car, and if it still continues loading it will fill up the coaches and sleeping cars, and the whole train will be covered with coal. That is the situation of the man who ought to weigh 150 pounds and weighs 300.

The first principle in reducing obesity is to cut off supplies, to take in no more fuel than you are burning up. A man burns up so much fuel every day to keep himself warm. The man who eats nothing must lose one eightieth of his weight every day; so in time, if he kept on, he would be burned up, except for his bones. The loss of a large amount of one's weight is a more serious matter than the accumulation of a surplus. A person may get an overweight amounting to more than double his proper weight and still survive, but a person can not lose two-thirds of his weight and continue to enjoy health. A person who is too lean, in spite of the fact that he eats the proper amount of food is not affected by some malign entity that is getting the benefit of his food; there is some disease process which either renders it impossible for him to assimilate food, or else causes him to burn up his fuel faster than he ought to.

A man or woman with fever always loses flesh, because the body is consuming fuel more rapidly than it should. There is an excessive temperature which results in the loss of tissue, the burning up of more than is being

taken in. We generally find in such cases that poisons are being absorbed into the body and interfere with the natural recuperative and building processes. That is why so many persons benefit by a fast. You would say that the thin man is the last one who should fast; but if he will fast three days, then begin eating, he will build up rapidly; and that is the best introduction for a person who really wants to gain flesh. The old-fashioned way was to give a man a purgative, which has very much the same effect as a fast. It allows the alimentary canal to become comparatively empty, and produces a state of hunger on the part of the tissues so that they will lay hold of the foodstuffs taken in with new zest.

Precisely the same principle holds true with regard to nervous troubles. A lady said to me, "Doctor, don't you think my nerves need to be examined? I have nervous prostration. Did you ever have it, Doctor?" I said, "Yes, indeed, I have had it bad. Why, the other night, about three o'clock in the morning, I was nervously prostrated, I actually fell asleep, could not keep my eyes open any longer; I had nervous exhaustion to the last degree. But at seven o'clock I woke up feeling fine and I was all right."

Nervous exhaustion is merely a symptom, and everybody has it that ever gets tired. The difference between pathological nervous exhaustion and physiologic nervous exhaustion is that the man who has the diseased conditions is tired all the time. A night's rest does not refresh him. He sleeps eight hours or ten hours a day for days or weeks and he is not rested. He feels tired when he is not tired. Many times I have heard a neurasthenic say, "I am so tired all the time." But perhaps if something would happen to arouse his interest this man's weariness would disappear at once. No change would take place in him but his mind would be diverted and the nerve-centers brought into harmony so that energy would be produced. There is an abundance of energy material there, but it is hindered, clogged. The neurasthenic has plenty of energy, but he has lost the power to store it up because of the poisons in the blood which interfere with his physiologic processes.

Recollect for a moment how foolish it is for this man who has so-called nervous prostration, who feels tired all the while because there are poisons in the blood which are paralyzing his nerve-centers and preventing them from putting out their energy, to go to the doctor and say, "I feel nervous, so exhausted; give me something to make me feel better." The doctor gives him a dose of strychnia, and that strychnia will accomplish almost anything in a few minutes. I remember an experiment I made when I was a medical student (we do not do those things any more). I gave a frog a dose of strychnia, then I cut that frog's head off; I tapped the table with my finger, and that dead frog jumped off the table, and as it went onto the floor, I struck the floor with my foot and he jumped all over the room. Every time I struck the floor he made a leap. But for the strychnia he could not have done that; the strychnia put his nerve-centers in hair-trigger condition, so to speak,—they were ready to go off at the slightest irritation. That is what strychnia does for a person; it does not give strength, but creates an irritable state of the nerve-centers so that the nerves discharge their energy too readily. The neurasthenic needs to have the poisons so eliminated that his nerve-centers will freely store up energy, and thus his normal condition will be restored. That can come about only by rebuilding, through rational means of treatment which stimulates the rebuilding processes.

These methods consist chiefly in reorganizing processes which correct the functional disturbance of the patient. This is a process of rebuilding. The old man must be put off and the new man put on. It is exactly the same thing that must be done by the man who has been a drunkard, gambler, thief, a knave generally, and decides to reform. What he must do is to turn over a new leaf, go through a process of reconstruction; and it often takes a long while to get rid of the effects of the old life of sin. Let me tell you a story that illustrates this point.

Some years ago I found a poor man in the slums of Chicago who had fallen into bad company and had acquired the habit of drinking. He was over sixty years old, and his vice finally got to the point where he had to give up his trade, and he went clear to the bottom. Soon poor Uncle Joe came into the mission, straightened up, and took his station at the big kettle cooking bean soup. We served a bowl of bean soup and Sanitarium zwieback for one cent. He was very proud to be the chef of the restaurant. Uncle Joe finally began to feel that he would like to get some fresh country air, and we brought him up here, and put him to work in our carpenter shop. I introduced him as a good Christian man that could be trusted. By and by the foreman came to me and said, "Doctor, did you say Uncle Joe is a Christian man?"

"Yes, sir," I answered. "I believe he is; he is honest as can be. He was very faithful for six months down there in the mission, and I think he is all right. Don't you think he is a Christian?"

"So, indeed! Does a Christian swear?"

"Why," I said, "not generally."

"Well, Uncle Joe swears awfully sometimes. One day he was making something, and just when he had it all finished, his tool slipped, and he spoiled it, and he let out a terrible oath."

I sent for Uncle Joe, and I said, "Uncle Joe, how are you getting along?"

"Fine; this is heaven, this is heaven! Here I live among people who are doing right. Nobody smokes, and nobody drinks; everybody is good and kind, and it really seems like heaven."

I said, "You are really having a good time, and getting along all right, Uncle Joe?"

"Fine, fine, Doctor!"

"You used to swear sometimes, I believe, didn't you? You don't swear any more, do you?"

"Doctor, I would rather lose my head than swear."

"Well, a man said the other day he heard you swear."

"It must have been a mistake, must be a mistake."

"You were making something and a tool slipped, and didn't you swear?"

"Not that I know of, Doctor. I didn't know anything about it. If I did, it swore itself."

That is the real fact about it; but Uncle Joe did not swear any more. Uncle Joe's brain had gotten so that swearing was purely automatic,—such is the effect of bad habits. Thus the stomach, for instance, sometimes forms the habit of rejecting food and refuses to do its work when there is no real apparent cause for its action. And what is true of the stomach is true of other organs as well, particularly the brain. People get in the habit of dwelling on the dark side of things, looking upon melancholy pictures. When the habit is formed, it is instilling poison into the veins every melancholy moment. It is poisoning the blood itself. Take as proof of that a mother nursing her baby. She becomes angry, and

later the child goes into convulsions, because the mother's milk is poisoned. The mother is poisoned as well as the child. So, my friends, every fit of anger, every hour of moroseness or of melancholy has a most depressing influence upon the body, and is a veritable poison to it.

MEDICAL COLLEGE OPENS'

(Continued from page one)

power of Jesus' name" and were led in prayer by Dr. Levi B. Salmans who is at the head of the medical missionary work in Guanajuato, Mexico. The hymn, "O worship the Lord, all glorious above" was then sung, and after a few words of greeting from the president, Mr. Eugene Scott of the city was introduced and sang from the oratorio "Rebecca" the solo, "Soft Southern Breezes," a very appropriate selection for the occasion and sung in a pleasing manner.

The speaker of the evening, C. C. Creegan, D. D., was then introduced by Dr. Kellogg in the following words:

DR. KELLOGG: This meeting marks the fifteenth annual opening of the American Medical Missionary College. As each year has approached we have felt some degree of anxiety as to what the outlook would be, but I am glad to be able to tell you that the future never seemed so bright at any previous opening as it looks now. The School has passed through trying vicissitudes; and without any knowledge of what the future may have for it, it seems to us that the greatest of our difficulties are in the past; the trials necessary to settle the foundations have been successfully passed, and the future looks brighter than ever before.

One thing has befallen us lately that has cast a shadow over us. I refer to the death of Dr. Geo. D. Dowkontt. His coming amongst us has been of a very great assistance to our work. He was the pioneer of instruction and training for medical missionary work in this country, and for years labored for the establishment of a medical missionary school. Several times it seemed that he was about to reach the object in view, but leading physicians were determined that no missionary medical school should be established.

Dr. Dowkontt went to Albany each year to obtain the necessary legislation to enable him to establish his school. Senators and assemblymen would pledge their support, and everything would appear favorable for the issue, but at the last moment a delegation of influential doctors would swoop down upon him and his measures would be defeated. Doctor Dewey, since then secretary of the American Medical Association, has told me of those struggles and of the interest he took in seeing the plans succeed, only to see them defeated.

Finally the scene was transferred to Philadelphia, where a more successful move was made, and a wealthy lady stood ready to furnish \$500,000 for the purpose of such a school, an association was formed, and everything seemed to indicate success, but at the last moment the doctors appeared and convinced the lady that such an undertaking would be a failure, and so the matter fell through. Later an attempt was made at Atlanta, but this also failed.

Then Providence led him to us and we were happy to welcome him. He united with us in such a way as to combine the efforts of this institution with those of the International Medical Missionary Society, of which Dr. Dowkontt was a prominent promoter. Hundreds of medical workers now in the field on various stations owe their start and first encouragement and instruction to him, and these repre-

sent but partially the work that was done by him under the discouraging and adverse conditions. But we believe that this work will still go on, under the guidance of a good Providence.

I am very glad to say that we are able to have with us to-night Dr. Chas. C. Creegan, District Secretary of the American Board of Commissioners for Foreign Missions, by whose presence and counsels I have no doubt we shall be greatly edified and profited. I have the pleasure of introducing Dr. Creegan.

Dr. Creegan then addressed the students and audience in a very inspiring and practical discourse, alluding to the efficacy of medical missions as a Christian and philanthropic agency, and urging as a basis for such service the spirit of Christian sacrifice for the good of others. The speaker quoted the words of the late Edward Everett Hale to the effect that

courageously forward. Two of the classes will leave soon for Chicago to carry on their work there for a time. The freshman class numbers at the present time twenty-four members. Others are coming sufficiently to raise the number to thirty. The following countries are represented in this class: United States, Canada, Japan, Bulgaria, Mexico, Armenia, Sweden, Norway, France, and India, and we are able to place before the readers a photograph of the class taken near the College building.

SPRAINS

"SPRAINS require prompt and thorough attention. They sometimes give rise to permanent injury. Soak the affected part in hot water for twenty to thirty minutes. The water should be maintained at as high a temperature



THE AMERICAN MEDICAL MISSIONARY COLLEGE

any man who simply desired to go to heaven alone was not fit to go there at all. Service is another term for Christianity, and service is the truest form of worship; not only in this world but in the world to come we shall still be engaged in loving service.

The students educated here and going forth to the consecrated service of the Master can do wonderful things in the name of Jesus. The example of the great pioneer medical missionaries who have gone out to bless the world was held up before the audience and the students were exhorted to make the most of their opportunities as a fitting for usefulness in the suffering world.

The following morning the regular work of the school was taken up and has since gone on

as is possible by the addition of very hot water at frequent intervals.

"The duration of a hot foot bath should be ten to twenty minutes, after which an elastic bandage should be applied to the affected joint in such a way as to prevent swelling on the outside of the bandage. The foot should be elevated for a few hours, until the tendency to inflammation has subsided. After the first twenty-four hours, very gentle rubbing of the limb may be employed. The rubbing movement should be in a direction from the injured part, toward the heart."

A SAINT is a sinful man who has set holiness before him; complete and perfect and absolute holiness.—Alexander Whyte.

Battle Creek Sanitarium Periodicals

Three journals are published at the Battle Creek Sanitarium:

The Battle Creek Idea (Weekly).....	\$1.00 per year
Good Health (Monthly).....	1.00 " "
The Medical Missionary (Monthly).....	.50 " "

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VOL. II OCTOBER 1, 1909 No. 43

THE SANITARIUM TAX CASE

As this case is alluded to by a correspondent, and as it has become more or less famous in the country, and as there is but a limited degree of accurate knowledge concerning the status and merits of this question even among the friends of the Sanitarium and those who read this paper, and in view of the interest that we naturally feel in having a correct understanding of it prevail, it does not seem impertinent or out of place even at this time, just previous to its being brought before the courts again, to have something to say in reference to it. We are more at liberty to do this because we represent one of the interested parties. We are neither judge nor jury; but it behooves us to convince the court, and the public as well, of the righteousness of our claims. This we desire to do, not only for the interest we have in the existence and welfare of the institution, but more for the sake of that which is involved in the controversy outside of financial and business considerations.

Under its charter the Battle Creek Sanitarium stands for a charitable institution, and according to the law in such cases it is exempt from taxation. The character of the institution as a charitable enterprise is called in question by the municipal authorities, and for a term of years taxes were collected under protest. Some years ago legal proceedings were instituted to recover these taxes from the city. The burden of proof rested with the city authorities, and they were required to show that the Sanitarium was not a charitable institution within the meaning of the charter and the provision of the law, and therefore was not entitled to exemption from taxation.

This they utterly failed to do, for the case was carried up through the various courts to the State Supreme Court, and in every step the case was decided in favor of the Sanitarium as a charitable institution. Not satisfied with this, application was made and granted for the institution of new proceedings, by which it purposed to deprive the Sanitarium of its charter on account of certain alleged violations of the same. It is expected that the case will come up for trial in the Calhoun County circuit court during the next month. While this form of the case imposes more work upon the institution, it will afford an opportunity to get the facts in the case before the court, and the world, we hope.

In reference to the evidence in this matter, we shall not say more than that the inquiry is not impertinent or out of place. The Sanitarium as a charitable institution is subject to investigation at all times, and the law has a perfect right, and tax payers have a perfect right to know all about its affairs, and how they are conducted. There will be no effort at concealment, and no doubt the fullest exposure of the working and affairs of the institution will be made. It is to be hoped on both sides that this will be so. For if this is not to be regarded as a charitable institution it is time those of us who have lived and labored under this supposition for so many years were undeceived, and either abandon it or change its policy and management.

On that point we are already satisfied. A practical experience of forty years ought to be sufficient to determine in the mind of any man as to whether the business he is managing and the work he is doing is for the good of others or for his own selfish benefit. And now the Sanitarium management is anxious that others shall understand the matter as it is, and that the question shall be definitely and permanently settled. We are convinced that, while there are a very few who would pursue this persecution from malicious motives, the majority of our citizens desire that only the right shall prevail, and have only friendly feelings toward the Sanitarium and its work. It seems to most men, however, almost inconceivable that such a large affair should be conducted on wholly philanthropic principles, and that there is no personal "pull" or "graft" about it. The fact that the institution is not wholly and in the limited sense eleemosynary, that it does collect reasonable rates from those who are able to pay them is confusing to some minds. It is no part of our intention to enter upon any argument of these points. Let it suffice here to state that because a portion of the legitimate earnings of the institution come back to it in cash, and because those who are carrying on the work are willing to sacrifice a good share of their salaries, it is made possible to assist the poor and to carry on a large educational and philanthropic work. These facts will come out in court, and the construction which the court puts upon this matter will also be brought out, and we anticipate with our correspondent that this question, which is of such great interest to the Sanitarium and to the public will be settled and settled right.

Our purpose in alluding to it here is to emphasize what has often been said before, that the money consideration is to the Sanitarium a secondary matter. The character and standing of our work is at stake. The institution has for years presented itself before the public as a charitable work. We have congratulated ourselves upon being connected with a work that was being conducted upon unselfish lines for the good of the suffering world without having personal gain in view. And it is the vindication of these aims, and of this character that is most earnestly sought in this contention. This is a vital point with the Battle Creek Sanitarium. If its character as a benevolent work can not be sustained, it has lost its charm and interest for those who have it in hand. If it has shown that those who are giving their lives to this work for small considerations are simply building up a worldly commercial work, then they have thrown the

best of their lives away in a fatal deception. Of the real facts in the case we who are here are in no doubt whatever, but this is not enough; the community in which we live and work must share with us in our convictions, the people of this city and of the world must also know, and feel satisfied in knowing, the real nature of our work.

In connection with the above, our readers may be interested in the following extract from the charter of the institution, granted by the State of Michigan in 1898, under the statute providing for charitable and non-dividend paying institutions:

"To found a hospital or charitable asylum within the State of Michigan for the care and relief of indigent or other sick and infirm persons, at which institution may be received also patients and patrons who are able to pay for the benefits there received, and which institution shall devote the funds and property acquired and received by it from time to time, and from all sources, exclusively to maintaining itself, improving its condition and facilities, and promoting its purposes, by such sanitary, dietetic, and hygienic, and philanthropic reforms and efforts as are germane or auxiliary thereto; all of said purposes being un-denominational, unsectarian, philanthropic, humanitarian, charitable, and benevolent, and in no manner directly or indirectly for private profit or dividend paying to anyone."

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MR. HORACE FLETCHER

(Continued from page one)

and explanation, that I have no particular conceit for my acrobatics. It is merely an effort to show what is possible to be done after middle life through a process of care in one's nutrition. When I was a young man twenty-five or thirty years of age, I had some skill as a gymnast, but for more than thirty years I have not practiced any of those movements, and what was done yesterday was in the nature of a test, to show you how one retains his skill and his co-ordination, and also to show the activity possible to a person who has become rejuvenated. You saw on the screen an attempt to reproduce what were the habits of thirty years ago; and I may say that as far as the muscular co-ordination required to make the proper turn and to land properly in the water was concerned, that I was able to do the feat yesterday as well as I was thirty years ago. From the time the word was given to go, the complete undressing, the mounting to the springboard, the somersault, and landing in the water was accomplished inside of a minute. You may have wondered at the costume I wear; it is a copy of the costumes that I wore in Japan and China more than thirty years ago; and three years ago in Manila, and in Singapore, I had the old suits reproduced, and I have been wearing them whenever it has been practical since, because of the very simplicity of the garments, and the ventilation which they give to the body. [Mr. Fletcher was wearing a suit of white duck.—EDITOR.]

Dr. Kellogg, in the address that he gave before an amphitheater full of people at Chautauqua two weeks ago, spoke of the clothing as being nasty; and so it is if it is not wash clothing, and if it is arranged so that for a long period of time it imprisons the exhalations and perspirations of the body. Many suits of clothing that are being worn, if put into the distilling pot, would produce a very large amount of uric acid, that poisonous exhalation of the body which is attracting so much attention at the present time; and consequently, without any violence to custom, I am merely, whenever the opportunity is suitable, reproducing those delightful costumes that we wore in the tropics, and which are just as applicable to Battle Creek as they are to Batavia and Singapore. It is a very inexpensive method of dressing, and in case of emergency, as you saw in the picture, it is possible within a very few seconds to get rid of your clothing and be ready to dive to assist somebody who is drowning, or to sprint away from some impending danger, to get out of a house that is afire, or to keep an appointment if you have overslept yourself.

Excuse me for speaking about these personal customs, because my subject is Vital Economics; I am occupied at the present time in attempting to create and to organize a department of science, a department of education called Vital Economics; and the definition of vital economics may be stated as the study, the cultivation, and the application of those economics which make for the highest efficiency, perfected in the order of their basic importance; and I lay emphasis upon the word "perfected" because in building a structure, on the principle of vital economics, if the foundation stones of the structure are not of the utmost solidity, the structure itself can not be solid. Therefore we have built up this structure in the form of a classical pyramid with a heavy, solid foundation stone which we call dietetic righteousness. The next stone of the foundation, equally solid, is called separation and elimination. The next and the

last of the foundation stones is called concentration; and then rises above it the iron pillar capped by the ideals which we put aloft, the cap being surmounted by the spirituality, which was simply an attenuating growth in the evolutionary period. The foundation stone we have been laying for the past eleven years has been to get an authority, a solid, perfect, reliable foundation stone, and we call it dietetic righteousness.

I have explained to you in other lectures what dietetic righteousness is; I will describe to you what separation and elimination is. It means finding those things which are profitable, that we are accustomed to, and putting them on the credit list, calling them profitable felicities and calling those things which are unprofitable, unprofitable indulgences and putting them upon the debit side of the list; and I will repeat what they are. Those that are intrinsically profitable, that always construct and do not react, are not more expensive than they cost, are: in order of frequency, water, profound sleep, food in the exact amount required by the body; and then those emotions which help digest the food, and to make life agreeable and profitable,—love, hope, charity, optimism, and the rest; and then we come down to forethought in order that we may remain on the altogether profitable side of the credit list. After this we place that estimate of the measure of all values—appreciation, and recommend the cultivation of it for all it is worth; the cultivation of the appreciation of the smallest of things, in order that we may better appreciate the greater.

And when we come to the other side, of unprofitable indulgences, the black list, as it were, of those things which we are permitted,—tea, coffee, alcohol, tobacco, food in any excess of the requirement; and then those depressing emotions—anger, fear, fear-thought, depressions of any sort, pessimism, those must be tabooed because they not only do not give pleasure, until we have learned to tolerate them, but they are unprofitable in proportion to the amount taken, and more particularly those depressing passions.

But when I come to that department of vital economics which deals with clothing, I have tried to work out the limits accorded by conventionality and the law, the simplest form of clothing that will give the best aeration to the body, and that would be better accomplished if these garments were porous; but there is a circulation of air underneath and

absolute freedom of circulation, so that there is little opportunity for the accumulation of the poisonous exhalation. The moment the clothing is soiled in the way of any impure saturation, it should be thrown aside and changed for a clean suit. If there happens to be simply a contact with something that is not dirty, but merely a different kind of material, then we have access to a simple cube of chalk, and the smooch is immediately removed from the garment in this way. The chalk takes off the dust or the dirt with it, or covers it up, and it not being a real impurity, the garment is not condemned on that account; and so it is with shoes or any of the white garments. And it is equally available and more applicable to ladies who wear white shirt-waists as it is to men who wear Oriental suits; and in fact, oftentimes, chalk is used to cover up blemishes of character. It is a very useful and available thing for ladies and children who wear white suits.

There have been many forms of what would be called hygienic clothing, but I never yet have seen any but what have all the objections of the ordinary clothing of fashion, except these washable waists. In the countries where the inhabitants habitually wear wash clothing they are cleanly in every particular. But if you go to a country—and such there are—where children are sewed up in a single union suit in the beginning of winter and they are not ripped out of it until the spring, think what happens within those water-tight coverings during the six or eight months of the long winter, and those children are not, can not be, healthy under those conditions, so that you will see that while I have been called the "chew-chew" man, that is merely one of the details of vital economics which we are organizing for our comfort and for our economy; because if we were to reduce ourselves to simples, to dress ourselves in the most becoming manner and not cater to the temptations of Paris, and London, and Berlin in trying to emulate the idle rich in the variety and expensiveness of their costumes, the question of affluence or poverty would be settled in the favor of easy, respectable, cleanly, and hygienic affluence.

In the matter of food alone, it is only necessary to learn the epicurean method of taking food which has been called fletcherizing, simply to let the appetite roam about a few simple and inexpensive foods, to enjoy the full epicurean delight as the result, to reduce the cost of food fully one half and increase the resist-



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J. H. KELLOGG, M. D., President, or, R. H. HARRIS, M. D., Registrar.

ance against disease, and to many-fold increase the store of available energy by that simple means of learning the requirements of nature with regard to our economical nutrition by the practice of fletcherizing from twenty to forty minutes a day, for the purpose of securing all of those benefits I have named. It has been estimated, and Dr. Kellogg, who has his fingers upon the pulse of the economies of the country through the various interests that he comes in contact with, will be able to endorse the statement I make; and the statement was published in the *Ladies' Home Journal* nearly two years ago, that there was being saved in America every day more than a quarter of a million dollars as a result of this wave of economy which I am preaching.

The leaders at the Christian Endeavor organization, intent upon spreading the information I am giving to you among the four or five million active members, and it is not only conceivable, but it is entirely feasible that if the information I am giving you is spread throughout the Christian Endeavor organization, that an average of ten cents per person may be saved in money every day as a result of that knowledge; but that is the smallest economy and the least of the benefits derived, for there is greater immunity from sickness, there is an abundance of Christian altruistic energy available to the members of the organization, and they become really soldiers of the idea, and the ideal of that economy.

When I speak of saving it may occur to some persons that in doing that it is a robbing Peter for the benefit of Paul. That is the case where labor is denied and where money is put into stockings; but every dollar's worth of the natural, the original, natural wealth which is saved is saved to the world; and if there becomes a surplus of it, it simply means a lessening of expense. When I speak of these simple things in every-day life, I am telling you of secrets of economy, of health, of efficiency which can be put into practice by every person among us. We can immediately begin to draw dividends and to cut coupons, as it were, off the bonds of economy and the bonds of happiness.

I am not going to lengthen this talk this evening, because I have already talked to you upon the fundamental principles of vital economics, and we have used up the hour which is the ordinary term of the patience of an audience; but I want to tell you that in entering into these competitive sports for the purpose of showing any particular fears that have been recovered by me at this age, it is for the purpose of suggesting perhaps to the million or more of men and women who already have gone past middle age and perhaps have been down and out through indiscretion, through illness, through poor economy, in their habits of life, and who feel that they have done their life's work and are already on the toboggan for the grave, to change their habits, and to travel upward and onwards in the paths of

usefulness and happiness as I have been doing for the past fifteen years; and I may tell you that, though sixty years of age, the limit of my improvement, as far as I am able to judge, has not yet arrived. It seems to me that I have been used quite providentially for these purposes of experiment. It has been entirely without design; it has been in response to what I call the morning thought monitor; it has been entirely opposed to the judgment and advice of friends; it has cost a fortune; it has cost an amount of persistence and an amount of ridicule which would have been discouraging under other circumstances, and I offer it to you simply as the result of a test; and it is just as available to any one of you as it has been to myself; and I may say in this connection that there are in the list of those who have been benefited by these suggestions, even after the sixty years of age, the best men we have in our times.

A CENTURY OF VEGETARIANISM. AN INTERESTING VISITOR

AN important witness for vegetarianism, Rev. Henry S. Clubb, of Philadelphia, pastor of the Bible Christian Church of that city, is visiting the Sanitarium, and brings to us some very interesting and important testimony in regard to the rise and development of vegetarianism in England and in this country. Mr. Clubb is eighty-two years of age, remarkably well preserved, except that his hearing is a little defective. He has been an adherent to vegetarianism since his boyhood. In an address given in the Sanitarium parlor on the evening of September 17, he placed before his audience some striking statements, which will be of interest to our readers.

The denomination which he represents is this year celebrating its centennial anniversary. Something over a hundred years ago in the city of Manchester, Rev. W. Coward, a clergyman of the state church, announced his acceptance of the teachings of Emmanuel Swedenborg. The result was the establishment of a church in a suburb of Manchester of the New Jerusalem order. Shortly after this Mr. Coward, from his study of the Bible, was led to renounce the eating of flesh foods and began a vigorous campaign with his congregation on the same principles. He became so strenuous that he did not favor the retention of any member in his church who used flesh food. In this contention he was supported by the example of Swedenborg, who ate no flesh. This resulted in another division and the establishment of a church in 1809 which took the name of Bible Christians, adopting the Bible as their only creed, and holding very strongly to abstinence from flesh food, purely from a Scriptural point of view. This church was the first organized body to advocate abstinence from flesh foods. Mr. Coward was equally opposed to the use of intoxicating drinks, and so his church became practically

the first organized body of total abstainers in England.

A theological school was established by the church for the education of ministers who would propagate this line of doctrine; and a few years later Dr. Wm. Metcalf and other adherents to the faith came to the United States, and in 1817 established the Bible Christian congregation in the city of Philadelphia.

Not long after this, Sylvester Graham was by some means attracted to this congregation and from Dr. Metcalf received his first ideas of hygiene and vegetarianism.

He heartily embraced these principles and at once became an ardent advocate of the same both on the platform and by his pen. His book, "The Science of Human Life," fell into the hands of Mr. Clubb in England, by which he was led to become a vegetarian, and ten years later united with the Bible Christian church. He became the editor of vegetarian literature, including the journal entitled *The Vegetarian Messenger*, which has been published all these years, and still continues to be published. Later Mr. Clubb was asked to transfer to Philadelphia, where he became the pastor of the church.

Upon the organization of this church in Philadelphia in 1817, the first vegetarian organization in the United States was brought into existence, and the church at the same time adopted total abstinence from intoxicating liquors as one of their principles, thus constituting that church also the first total abstinence society in this country. It therefore appears that vegetarianism in its organized form and the temperance movement in an organized form were launched together in a single movement by the Bible Christian church in Philadelphia in 1817.

It is a pleasure to us to have such a veteran in the cause of physical righteousness with us, and it is interesting to learn from him the early steps which have under Providence led to the great movement for food reform now in progress in the world. Mr. Clubb expressed his great delight in coming to the Sanitarium, mingling with its family of guests and workers, and becoming acquainted with this great institution which he denominates a magnificent climax for the first one hundred years of vegetarian propaganda.

BATTLE CREEK PRINCIPLES IN PORTO RICO

MRS. MYRTLE ROBERTS BROGAN.

"Give me a glass of Battle Creek." These were the words that fell on my ear, and that caused me suddenly to look up. The circumstance occurred at a social gathering in the town of Isabella. Miss Koehler, my son and I often attend social parties and weddings here. On such occasions it is customary to serve beer, wine, and other slightly intoxicating drinks. We always have to refuse them, of course, and ask for water, for we are strictly

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temperance in our principles and such occasions afford an opportunity of setting a good example, and should not be lost. We also preach and practice the entire principles taught at the Battle Creek Sanitarium.

It was upon the present occasion that one of my pupils, Carlos Garcia, took the opportunity publicly to ask for "a glass of Battle Creek," instead of the beer. The servant knew very well that that meant pure cold water and it was consequently brought.

The circumstance shows that Battle Creek stands for temperance and physical uprightness, and that its reputation in this respect has extended across the sea, and we are grateful that we can stand before the people as representatives of these righteous principles.

ARRIVALS

The following is the list of arrivals at the Battle Creek Sanitarium for the week ending September 26: H. H. Elliott, Chicago; Will F. Davis, Cleveland; S. E. Isaacson, Neb.; Ida B. Rice, Rose City; A. Oleese, Kansas City; Mrs. A. Bomser, Ind.; Mrs. W. Madden, N. Y.; C. B. Stephenson, South Bend; D. V. Gussion and wife, O.; Miss Dalk, O.; Mr. and Mrs. R. Todd Graff, O.; Mr. and Mrs. F. M. Brackett, McConnsville; J. W. Knight, Ind.; Wm. G. Curtis, Ia.; Ella F. Stevens, Ga.; Mrs. Evans Lynn, Pa.; O. U. Walker, O.; Mrs. T. I. Altman, Pa.; Miss Mamie Grewster, O.; Mrs. Louise Brewster Hunter, O.; Dr. and Mrs. C. G. Swan, O.; Mrs. F. C. Stephenson, Can.; Mrs. Edw. Hely, St. Louis; Edward Field, Chicago; Mrs. G. W. Mead and daughter, Wis.; Harvies C. Tournitt, Colo.; John J. Mason, Ont.; J. H. McLane, Chicago; Jas. Coulson, Ont.; D. M. Turner, Ill.; Mrs. C. O. Barber, Ill.; B. W. Greenhoe, Sheridan; Miss Florence McCallister, Ill.; J. W. McHarry, Ill.; Dr. and Mrs. W. W. Blackman, Atlanta; L. G. Slater, Kalamazoo; B. G. Stephenson, Can.; C. T. Willingham, Ga.; Mrs. W. Ashmore, China; C. F. Poffenbach, Kans.; H. E. Gregory, wife and daughter, Kans.; I. N. Shepard, Mich.; D. I. Schweier, Mich.; A. Sharp, Ont.; R. G. Howse, Chicago; W. S. Whittaker and wife, Cincinnati; Paris R. Miller, O.; Mr. and Mrs. R. J. Healy, Mass.; Frank Olive and wife, Neb.; Miss Jennie E. Wells, N. Y.; Robert Aund, O.; Emanuel Rydberg, Wenona; C. H. Hyde, Tacoma; B. Spangler, Tenn.; Maude Opp, Tenn.; Mrs. J. H. Campbell, Grand Rapids; R. H. Davies, Okla.; E. E. Ross, Ark.; S. A. Baker; Milton C. Hill, O.; Mrs. Percy Knapp, City; Mrs. Dan A. Drakes, Ind.; W. G. Stinecomb, O.; Isabel Grey, Va.; W. McIntosh, N. J.; J. C. Shedd, Mich.; C. E. Dobson, Fla.; H. N. Heminger, Ill.; Miss Sarah Vrooman, San Francisco; Sid. B. Redding, Ark.; H. E. Gaffney, Pa.; W. G. Mitting, O.; Virginia Pringle, O.; Mabel Long, Mich.; Geo. F. Kissam, N. J.; R. Carley, Ill.; Mrs. W. G. Kintle Mich.; Geo. N. Neff and wife, Kansas City; Dr. and Mrs. R. M. G. Camuth, La.; Mrs. E. O. Bender, Ind.; J. H. Collins, Wash.; Miss Josie Ryan, Boston; Mrs. R. E. Tresper, Jr., Chicago; P. R. Happe, N. Y.; Dr. Oswald C. Flemmer, Mt. Clemens; Mrs. Alice E. Francis, Ill.; P. L. Lawrence, La.; Mrs. William Curry Harlee, Washington, D. C.; Mr. and Mrs. E. W. Wynne, S. C.

News and Personals

Dr. and Mrs. R. McG. Carruth, of New Roads, Ind., are stopping at the Sanitarium.

Mrs. Evans Lynn and Mrs. T. I. Altman, of Uniontown, Pa., are guests at the Sanitarium.

Miss Isabel Grey, of Bedford, Va., has returned to the Sanitarium to take additional treatment.

Mrs. Garfield E. Morrison, of Minnesota, a cousin of our Dr. Morse, is taking treatment at the Sanitarium.

Mr. W. H. Moore, a prominent resident of Palmyra, Mich., has been at the Sanitarium for ten days. We are pleased to say he is making good progress toward recovery from nervous trouble.

Mrs. Wm. Ashmore joined her husband at the Sanitarium this week. Mr. and Mrs. Ashmore are noted missionaries in Swatow, China. Their strength is considerably run down by arduous service, and they are recruiting at the Sanitarium.

Mr. and Mrs. W. H. Whittaker, of Cincinnati, former patients of the Sanitarium, are with us again taking some necessary treatment.

Mrs. A. McC. Kimbrough and daughter, of Greenwood, Miss., are again with us. Mrs. Kimbrough was a patient at the Sanitarium four years ago.

Rev. S. C. Stephenson, D. D., of Toronto, accompanied by Mrs. Stephenson, were at the Sanitarium for two days this week visiting their sister, Miss Watson, who was brought here seriously ill.

Dr. and Mrs. W. M. Black, of Atlanta, having spent the summer at a northern lake resort, are stopping at the Sanitarium for the purpose of acquainting themselves with the place on their way home.

Mr. Samuel G. Field, of Chicago, a cousin of the late Marshall Field, is with us again. And we also recognize the genial presence of Mr. C. B. Stephenson, of South Bend, a good friend of the institution.

Miss Edna Wolf, a graduate nurse of the Sanitarium Training-School, whose home is in Nashville, and who has been spending some time in the Sanitarium, has gone to Aberdeen, S. D., to practice her profession.

Dr. W. R. Martin conducted the vesper services at the close of last Sabbath in the main building. Miss Irene Jackson sang a solo. The service attracted an unusually large attendance and was interesting throughout. We are glad to see these services growing in attendance.



TWO COURSES IN DOMESTIC SCIENCE

The One-Year Course, intended especially for Matrons and Housekeepers or for those who desire it for its educational value, includes General Cookery, Invalid Cookery, Institutional Cookery and Practice Cookery, Anatomy and Physiology, Household Chemistry, Home Nursing, Household Microscopy, Household Economics and Household Architecture, Sewing, Medical Dietetics, Theory, Table Service, Physical Culture, etc.

The Two-Year or professional course, intended especially for Dietitians, Lecturers, and Demonstrators, includes all the studies of the one-year course, and in addition Advanced Chemistry, Advanced Physiology, Sanitary Science, Bacteriology, and Hygiene, and Advanced English.

ONE SPECIAL FEATURE of this school is that students are given an opportunity to meet a large part of their expenses by work along lines which aid them in their studies.

Students will be received until October 1st. Address

**The Battle Creek Sanitarium School
of Health and Household Economics**

**BATTLE CREEK
MICHIGAN**

Rev. R. L. Simpkin and wife, missionaries from Southwestern China, have been stopping for some time at the Sanitarium for the benefit of Mrs. Simpkin's health. They left us a few days ago for the purpose of visiting friends before returning to China. Mrs. Simpkin was seriously affected by a nervous disease, but she is much better and prospects are bright for a good recovery.

Rev. W. S. Long, of Altoona, Pa., preached in the Sanitarium chapel last Sabbath forenoon. He used for his text the words of Paul in Eph. 4:1: "I therefore, prisoner of the Lord, do beseech you that ye walk worthy of the vocation wherewith ye are called." The theme of the discourse was the Christian Calling as an incentive to a higher life; the eternal purpose concerning us and involved in our calling; and the great importance of meeting the mind of God in our work and conduct. The discourse was an inspiration and admonition as well, and was calculated to impress the large congregation with a sense of their opportunity as subjects of the heavenly calling.

SANITARIUM DISPENSARY REPORT

THE work of this department is steadily and rapidly growing.

During the month of August there were 500 treatments given in the Treatment Rooms, and ninety-three to the sick in their homes.

There were 450 consultations at the Dispensary, and 137 enrolled as regular patients for a week or longer, as the need called for.

At present there are eighty-seven families who are regularly visited and cared for by the visiting nurse or physician. This does not include the number who are called on to be cheered when needed from time to time.

The work extends to Postumville, Urbandale, Washington Heights, and the surrounding country, as well as touching fifty-eight streets of our city. The following items show the work done during August:

Inside Work.

Patients enrolled	134
Consultations	450
Examinations	72
Surgical dressings	140
Office treatments	33
Operations	4
Massage	9
Phototherapy	97
Swedish mechanical	27

Out Work.

Doctors' visits	67
Nurses' visits	161
Families visited	47
Visits discontinued	6
New families on list	11
Total number on list	87
Treatments given	93
Families assisted by clothing	31
Families assisted by food	15
Garments received	75
Garments distributed	61
Orders for food	15
Laboratory examinations	67

ISABEL MACKERACHER, Nurse.

APPRECIATION

THE plates of the September 3 number of the BATTLE CREEK IDEA were preserved and an edition of 200,000 was run off and distributed to the friends of the institution. Concerning this number a well-known clergyman wrote us as follows: "I want to congratulate you on the quality of the September 3 BATTLE

CREEK IDEA. The papers are all good and helpful, but this number is excellent. I especially appreciate the article on 'The Sanitarium as a Philanthropic Institution.' I have known in a general way of the good work that the institution has been doing along charitable and philanthropic lines, but did not know the magnitude of that work and so have been in a state of suspended judgment on the matter of taxation; but your article has cleared the matter entirely; and I wish the Battle Creek people could all read it. I sincerely hope that you will be successful in your tax case, and I believe that you will be."

No doubt the citizens of Battle Creek would view this question in the same light as many already do were they familiar with the facts of the case. It is evidently not good taste for a person who is doing a charitable work to flout that work before the public. There is no intention or desire to make capital out of that which is being done in the name of charity by the Sanitarium; all that is desired in this matter is that the public shall have a proper understanding as to the real character of our work. The article mentioned did not go out of its way to speak of the philanthropic character of this institution. It simply mentioned some patent facts and an investigation is in order at any time by any one who is interested to ascertain the truth. The Sanitarium exists simply and only for the good which it can do for sick and suffering humanity.

The September 3 number of this paper, referred to above, will be sent to any one on application.

I find earth not gray, but rosy.
Heaven not grim, but fair of hue.
Do I stoop? I pluck a posy.
Do I stand and stare? All's blue.

—Browning.

Battle Creek Sanitarium School of Physical Education

Gymnastics—German and Swedish; Dietetics; Massage; Hydrotherapy; What to do in Accidents Emergencies and Common Maladies; Medical Gymnastics. Anatomy and Physiology; Chemical and Anatomical Laboratory work; Large Indoor and Outdoor Gymnasium and Swimming Pools.



Large Faculty of able teachers and trainers. Course one year. Tuition full year, \$85.00; Board, \$3.00 to \$3.50. A number of students may pay their way in work.

Mr. Horace Fletcher will give a course of lectures on vital economics, and Mr. John F. Stapleton, formerly of the Yale Gymnasium, a special course on theory and practice of Swedish gymnastics.

The regular school year opens October 18th and closes June 10th, 1910.

Any who are interested will be sent illustrated announcement with further details on request. Address:

The Battle Creek Sanitarium School of Physical Education
BATTLE CREEK, - - - MICHIGAN

THE BATTLE CREEK IDEA



Vol. II, No. 44

BATTLE CREEK, MICH., OCTOBER 8, 1909

Price 2 Cents

THE SANITARIUM SURGERY —AN IMPORTANT FEATURE

Surgery Not Regarded as a Primary Measure, But as an Adjunct to Medical Science

At the Sanitarium the surgery has always been held as a court of last resort, as an adjunct of medical practice rather than a primary measure, the physicians being inclined to be

Sanitarium Question Box

Dr. Kellogg Gives Patients Opportunity to Ask Questions, and Replies to Them in His Parlor Lectures

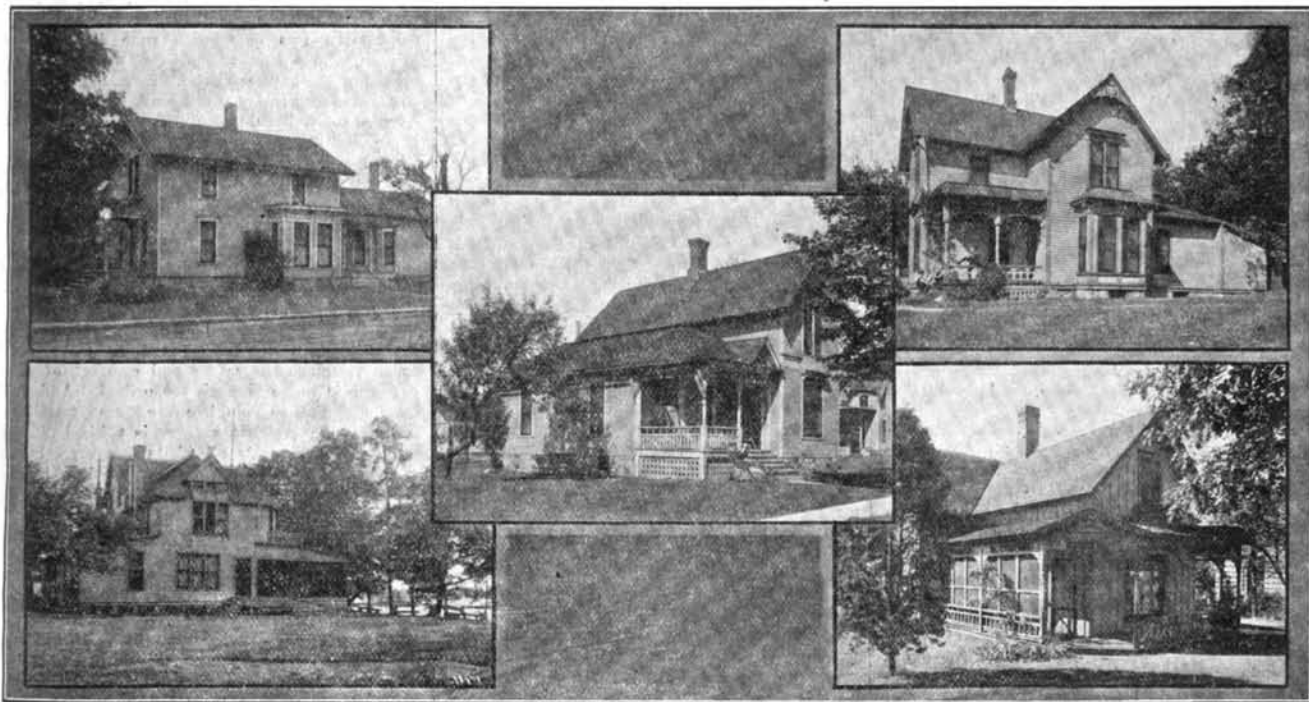
Q. WHAT is the best cure for inactivity of the bowels?

A. The best cure is a laxative diet and exercise of the abdominal muscles. One of the

RATIONAL METHODS FOR RESTORING THE HEALTH

Hydrotherapy in the Treatment of Pathological Conditions. A Lecture by J. H. Kellogg, M. D.

WHEN a person is diseased, there is something wrong in the functions or the tissues of the body. In order to effect a cure, the body must be changed; and only those meas-



A GROUP OF SANITARIUM COTTAGES

conservative in recommending their patients to the ward unless the conditions strongly indicated that step. But the class of patients who come to the Sanitarium it is frequently found necessary to resort to surgery, and consequently the most careful and thoughtful preparations known to science have been made to have the work performed in the best and most approved manner.

One contemplates with horror the rude surgery in vogue until the last generation. For the generation has not yet passed away to which in its early days anesthetics were unknown. We still see those who have lost a limb who tell us that when the work was done they

(Continued on page two)

most difficult problems the physician has to deal with is this matter of correcting crippled and disabled bowels and training them back into normal habits. A prescription must be arranged for each case.

Q. What is the cause of the vocal organs being affected so that the speech is not natural?

A. These muscles of the throat are controlled by nerves, and when the nerve-centers are depressed and the nervous energy is low, these muscles are not as taut as they ought to be and the voice may be affected.

Q. What is the cause of an abscess on the hip?

A. It is due to lowered vital resistance per-

(Continued on page five)

ures which produce this change in a physiologic way—which help the body to right itself—are of any value whatever.

Let me give you a little idea of the natural process by means of which a cure takes place. The skin is one of the best mediums for reacting on the internal organs and tissues of the body, to which it is intimately related. You know that when you feel sleepy, cold water on your face wakes you up, because the face is connected with the brain and nerves. This connection of the face with the brain is so remarkable and so intimate that the quality of one's thoughts are always indicated on one's face. I mention this so you will see the close relation between the nerves of the face and

those of the brain. Now this is the all-important fact—that every vital organ in the body has an area on the skin which is closely connected with it, which represents it, and through which it can be influenced just as we may influence the brain through the face. Suppose a man has some trouble with his gall-bladder. When we examine him, we make the examination not simply around the gall-bladder, but we also examine his back, because there is a region on the back that is in touch with the gall-bladder. The same fact is true of the kidneys, and of the heart. The whole space that covers the chest is the lung face. If someone should dash a little cold water on your chest, up comes your chest instantly; you can not possibly avoid it. You may make every effort of the will but you can not help it, because the nerves of the skin are connected with the muscles that control the chest, and they are associated with the lungs.

It follows, then, that if we would influence these parts, we may do so by applications to these external areas. For example, if there is too much blood in the stomach, we can make an application that will lessen the blood in the stomach. If there is too little blood in the stomach, we can make an application that will increase the flow of blood in the stomach.

The effect of heat upon the skin is to dilate the vessels of the spine. Cold to the skin has the effect of contracting the vessels of the skin. One produces congestion and redness of the skin; the other pallor or anemia of the skin.

A hot application over the stomach will draw the blood from the stomach to the skin. The application of the heating compress will stimulate the arterial flow, and this will stimulate the venous flow; thus both the veins and the arteries of the stomach will be relieved.

The very same effect may occur in the pelvic region. The bladder, let us say, is in a state of congestion; by the application of hot cloths to the surface, the blood-vessels of the skin are congested, and the internal vessels are relieved. The ice-bag applied over the abdomen, and hot cloths around the legs, will have the effect of drawing the blood into the legs and thus relieving abdominal congestion. So when a person is suffering from appendicitis, by the application of the ice-bag over the appendix and a fomentation to the legs, the inflammation and pain will be relieved.

If we apply heat to the skin, we relieve pain by drawing the blood from the interior to the skin; and by the application of cold to the skin, we can drive the blood into the affected part. So you see that by these methods we are able to control the blood supply of any organ in the body.

I will now refer to a series of applications or treatments to show you how those principles apply in these various applications. For instance, a head bath. A patient has too much blood in his head. Lying upon the table or bed, he receives a cold pack to the head, and the blood-vessels of the brain are thus made to contract and the pain is lessened; but the application must not be too long, lest a reaction take place and the pain is increased. The sitz-bath is one of the most valuable of all baths. Its chief advantage is that it causes contraction of the internal parts. The skin overlying this part of the body is connected with the internal organs, so when cold is applied for twelve or fifteen minutes, the effect is to produce more or less permanent contraction, not only of the blood-vessels, but also of the intestines. Consequently, if the cold bath is used for fifteen or twenty minutes it has a tendency to produce inactivity of the bowels, or constipation, and that must be remembered in taking cold baths. On the other hand, a very short application will cause reaction of the skin, and

there will be a reaction of the internal parts; so the blood supply to the internal parts will be increased. Such a bath should be from one minute to three or four minutes long. This cold bath produces an increased flow of blood into the parts, so the bath is accompanied by rubbing the parts with the hands, to increase the reaction and prevent the sedative effect to which I referred. If we have a case of passive prolonged congestion of internal parts, we give the patient a long bath at a temperature of seventy-five or eighty degrees, or even as low as sixty-five degrees; but if we have a condition which requires stimulation and increased flow of blood through the parts, we use the short cold sitz-bath. But if we have pain, there is nothing I know of so good as the short, hot sitz-bath four or five minutes long, at a temperature as hot as can be borne. So in sciatica and all kinds of pain it is excellent.

Then there is the hot foot-bath. The legs should be well covered up so that the steam will rise up around the legs and the water should be almost as hot as can be borne, but not quite, for it might be too hot and that would be irritating. The result of a proper application is that the veins of the legs become dilated with blood, and the head is relieved. And there is benefit in another way; the effect of the heat upon the nerves is such that somehow the brain is subdued, producing what we call inhibition.

The wet girdle has a wonderful power to put a person to sleep. If the mother is restless and tired, and the baby is restless, let her wet a towel, wring it dry out of cold water, wrap it around baby's waist, and cover it up with a dry flannel and it is pretty certain to sleep within fifteen minutes. You must wrap it snug so that it will not chill or the baby will cry harder than ever. The wet girdle puts a person to sleep by drawing the blood away from the brain. When a man can not sleep sometimes he finds relief by taking a little food. When the stomach is filled with food, it diverts the blood away from the brain. That is the reason why a person is sleepy after eating. We can draw the blood away from the brain into the stomach by means of the wet girdle. It dilates the blood-vessels of the skin and at the same time dilates the blood-vessels of the liver and other internal organs, and so relieves the brain. And it does no harm, as the eating of food would do.

The chest pack is a most excellent measure for relieving cough. It is a pity that people do not know how much better the chest pack is than cough syrups of various kinds. Wet the hand in cold water, rub the chest until it is red, wring a towel out of cold water, so it will not drip, put it around the chest, and cover it with a flannel. If you do not happen to have a long flannel, you can use almost anything else. It is possible to make a very good chest pack out of an ordinary pair of woolen drawers by putting the body on the chest and one leg under each arm, pulling the leg up over the shoulder and down in front. Thus one can always find something convenient, even in the poorest home, which can be used to give relief by means of hydrotherapy.

The cold-mitten friction is an extremely useful measure for the neurasthenic in the morning. During the night the vital processes have run low and the body is clogged with poison. The application of cold to the skin is the best thing in the world for getting out of that state. It not only arouses the nerve centers by the reflex action of the skin, but it increases the circulation of the blood, raises blood pressure, and so raises the whole tide of life and gives the patient a new start. This mitten friction is particularly appropriate for feeble people not able to take a stronger

bath. Stronger persons may wring a towel out of cold water and rub it across the skin, bathing the whole body in this way; then with a Turkish sheet rub the skin until it is red, expose it to the air for a few minutes and then give it a further rubbing. When I do not get more than two or three hours sleep at night, a cold bath makes me ready for business, and I find it a wonderful rejuvenator. It is one of the best means of fighting off old age. It doesn't mean to get down into a tubful of cold water and stay there and shiver yourself half to death; it means simply momentary contact of cold water with the skin. It is not for cleanliness, it is for the purpose of stimulating the internal nerve-centers, waking up every nerve-center of the spinal cord.

I am sure you are interested in the subject of rational therapeutics. I want every one of you to get just as much knowledge about it while you are here as you can, so that when you go back home, you will have under your own hand something that strikes right to the root of evil, and will give you help in the most powerful and effective way.

THE SANITARIUM SURGERY

(Continued from page one)

were strapped tightly to a table, and, in full possession of their consciousness, the work of amputation was done with rude implements of knife and saw amidst the screams and groans of the hapless victim. Even under those circumstances surgery was a work of mercy, for it saved many lives, and sacrificed not a few in doing so. There was a very great nervous shock, great loss of blood, great danger of infection, as but little was known of asepsis in those days, so that if the patient survived the rude operation with its unspeakable horrors, still greater danger awaited him before he could pass the line over into the regions of safe recovery.

But under the light of modern progress all this is changed. In scientific surgery the most thoughtful and cautious steps are taken to guard the safety and comfort of the one who is to go through the ordeal. And we may say that so complete are these merciful provisions to-day that surgery is robbed of its terrors and of nearly all of its dangers. It is safeguarded in the first place by the knowledge and conscience of the surgeon. The conscientious surgeon will not proceed with a surgical operation until he knows with reasonable certainty that his patient will pass through it safely. To ascertain this the vitality of the patient is carefully studied, his blood is examined to ascertain his vital resistance, and his recuperative power. Should this be low he must take time to be built up to a point where his system can successfully combat any conditions that may perchance arise calling for strong recuperative power. His eliminative organs, his nervous force, must be considered, and when the surgeon is satisfied that these are all in reliable condition, then further safeguards must be thrown around the patient by securing absolute freedom from any possible source of contamination. Bacteria must be banished from the operating rooms and kept out. The patient is subjected to cleansing baths, the skin is thoroughly disinfected, especially in the regions of the operation. The instruments are subjected to high steam-pressure disinfection, the clothing and hands of the surgeon and his assistants are thoroughly disinfected, and the rooms are cleaned with disinfectant agents.

Then, too, the patient is prepared by special treatment to avoid the after-effects of the an-

esthetic. Many have suffered greatly in times past by nausea, but under present conditions at the Sanitarium this is very seldom experienced. And when all is ready the work is placed under the special care of divine Providence whose help is sought in wisdom and guidance. The patient passes under the anesthetic before being taken into the operating arena, so that he is spared from any sight of that, and when consciousness returns he is comfortably and pleasantly located in his own room upon his couch, and is surprised to be assured that it is all over, and that all he has to do now is to be quiet and comfortable a few days and all will be well. There is no fever, seldom a rise of temperature, no suppuration, nothing but swift and steady recovery and return to health. In fact, to our layman's eyes it really seems that the surgical patient has the easiest time and the shortest road as compared with many cases of chronic disease that do not come within the realm of surgery.

The recoveries in the Battle Creek Sanitarium surgical ward are often a matter of surprise even to the doctors themselves. Patients passing through serious operations are seen about the lawns in four days, and in a week are able to help themselves considerably, and in but a few days more are able to resume regular medical treatment or to return to their homes and business.

The number of deaths in the surgical ward of the Sanitarium is so low as to leave no room for dread from that cause. Of course, some cases will have reached a stage where recovery is impossible, and the operation is performed on a very slight margin of hope, but even these cases are very few.

This department has been fitted up at great pains and expense to make it second to none in the world. Dr. J. H. Kellogg, the superintendent of the Sanitarium, is senior surgeon and is efficiently assisted by Dr. John F. Morse, who assists in operative work, supervises the ward, attends emergency cases, and has a constant oversight of convalescent patients. The patient is also attended by his or her regular house physician. The nurses work under the supervision of Miss Charlotte Dancy, assistant superintendent of nurses, a graduate of the Johns Hopkins University Training-School.

The sight of happy-faced patients in their wheel-chairs about the lawn and verandas and in the halls and parlors is the best commendation of the merciful and efficient work done in this department that forms such a strong adjunct to the medical work of the Sanitarium and offers a most merciful and providential way of escape from suffering and often otherwise fatal results.

REVIVAL OF THE SANITARIUM LITERARY SOCIETY

The society for self-improvement organized and conducted last winter by the Sanitarium family of helpers is to be revived, reorganized, and given a stronger send-off than ever at a general helpers' meeting to be held in the gymnasium on the evening of October 13. The occasion will be of a social character and the literary program as follows:

Song—America Company
Invocation
Music Orchestra
Why You Should be a Member of the
Literary Society Ella Thomson
Recitation Alice Lake
Address Dr. Geisel
Solo Mr. Guy Matthewson
Address Dr. Kellogg
Social Hour with Refreshments.

OUR CLIMATE AND OUR LAKES

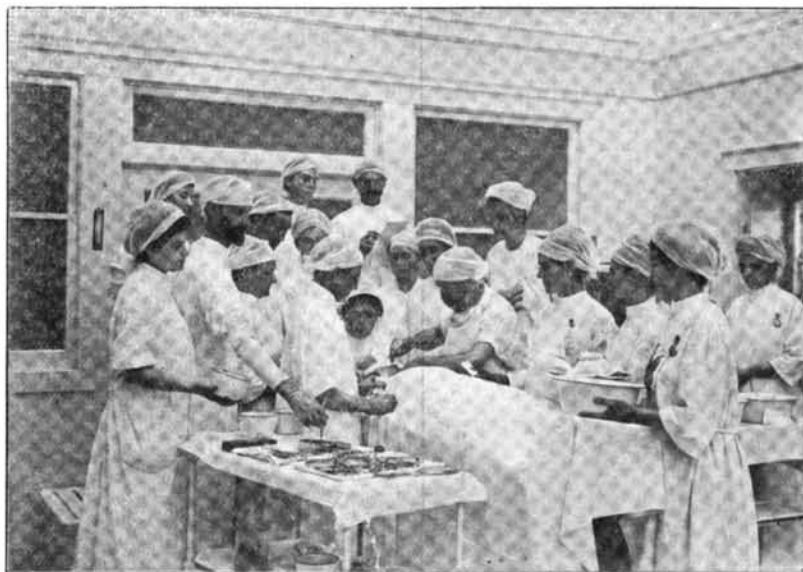
(Contributed)

THE delightful summer climate of Michigan is due to its lakes; first, the three great lakes, Michigan, Huron, and Superior, which inclose it on three sides, and its many thousands of little lakes with which the whole State is dotted,—hundreds of square miles of water surface divided up into beautiful, picturesque little lakes all over the State, each surrounded with forest trees and luxurious vegetation, which keep the air of Michigan cool in the hottest summer weather, while the great amount of latent heat given off by the freezing of the water in the fall and winter season materially modifies the temperature of the air, and saves Michigan from the blizzards which are sometimes a source of discomfort in neighboring States.

their shores; others from their shape, as Saddlebag, Crooked, Gourdneck, Spectacle, Long, Round and Pitchfork; some from animals, birds and fish, as Bear, Duck, Loon, Eagle, Fox, Fish, Whitefish, Bullhead, Bass, Pike, Turtle, Goose and Pickerel. The trees and flowers are the names of others, Pine being a favorite, Tamarack, Thornapple, Cedar, Hardwood, Grass, Wintergreen, and Pond Lily. Mud is a frequent but unfortunate name, as it stigmatizes the lake as an uninviting spot. Two are saints: St. Patrick and St. Mary's.

"Other lakes are named from some quality or feature of the water or lake: Clear, Deep, Wall, Shallow, Blue, Pleasant, Fair, High Bank, Stony, Pretty, Sugar Loaf, and one bears the odd cognomen of Twenty-One.

"It is to be regretted that the Indian names of the lakes were not retained, as they are more appropriate, being original, and more



IN THE OPERATING ROOM

Mr. Chas. E. Barnes, an authority on the history and topography of Michigan, tells us that Battle Creek is close to the center of the inland lake region of Michigan, the county in which the city is located having 117 lakes with a total area of 6,325 acres, nearly ten square miles. Calhoun and the two adjacent counties of Kalamazoo and Barry present a total of 435 lakes, nearly all of which are within twenty-five miles of Battle Creek. Mr. Barnes makes the following interesting remarks with reference to the names of these picturesque little bodies of water:

"The majority of these lakes were evidently named after the first pioneers who settled upon

beautiful. Only four of the Indian names have been preserved: Goguae, Waubesaon, Notawa, and Copanacan, now known as Graham, all in this county.

"One physical feature of the lakes of these three counties is that they extend from the north to the south or from the northeast to the southwest. This is undoubtedly due to the action of the glaciers in the ice age, as they passed across Michigan from the northeast to the southwest."

"People who worry most about what they can not understand spend the least time living up to what they can not help but understand."

Battle Creek Sanitarium Periodicals

Three journals are published at the Battle Creek Sanitarium:

The Battle Creek Idea (Weekly).....	\$1.00 per year
Good Health (Monthly).....	1.00 " "
The Medical Missionary (Monthly).....	.50 " "

These papers will be combined at the following prices:

Battle Creek Idea and Good Health.....	1.50 " "
Battle Creek Idea and Medical Missionary	1.20 " "
Good Health and Medical Missionary	1.00 " "
All three journals one year.....	1.75 " "

NOW IS THE TIME TO PROVIDE THE BEST OF READING

Address either of these Journals, - - Battle Creek, Michigan

THE BATTLE CREEK IDEA

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BATTLE CREEK, MICH.

SUBSCRIPTION RATES

One Year	\$1.00
Six Months	.50
Three Months	.25
Per Copy	.02

VOL. II OCTOBER 8, 1909 No. 44

THE CLIMATE OF BATTLE CREEK

A CONTRIBUTOR in another column speaks of the climatic conditions of Michigan in a very clear and reliable way. Michigan is peculiarly situated amidst the wide waters of the great lake system, being bounded on three sides by these inland seas which exert at all seasons of the year a marked effect upon climatic conditions. For instance, on the western shores of Lake Michigan peach-trees can not survive the rigors of the winter, but just across Lake Michigan on its eastern shore is probably the best peach region in the world. The latitude is the same, the distance is about sixty miles, but the difference is very marked. Michigan is a famous fruit region, while the other States in the same latitude have too cold weather except for a few varieties of the hardest varieties of fruits or short-lived small fruits.

Then, too, the fierce tornadoes which sweep the surrounding States in the warm season, the awful blizzards of snow and ice in the winter, and the strong prevalent winds of the Western States which prevail at all seasons, are absent in Michigan.

Years ago, when Michigan was a newly-settled country, malarial fever was prevalent, but the Anopheles mosquito which carries the malarial parasite emigrated to other parts and for more than twenty years malaria has been practically unknown in Michigan. The "Peninsula State" has, in fact, come to be recognized as one of the great health resorts of the country. Every year thousands of people, attracted by its numerous beautiful little lakes and its long coast lines constantly cooled by the breezes of lakes Michigan, Huron, and Superior, come from all parts of the United States, particularly from the South, seeking rest and recuperation in its pure, invigorating atmosphere. The emigration of the Anopheles mosquito occurred soon after the establishment of the Battle Creek Sanitarium, thus confirming the wisdom of locating the Sanitarium just where it is. Having traveled extensively through the world, and having a very good knowledge of the conditions prevailing here and elsewhere, we have no hesitancy in saying that, all in all, and all the year around, there is no more favored spot on earth than Michigan. The heat of its summers is modified and softened, the tempered cold of its winters is invigorating and necessary for the

best preservation of vigor and health. Its fruitful soil produces the widest possible range of fruits, grains, vegetables, and nuts to be found in any State in the Union or in any country in the world. Its death-rate is lowest, its healthfulness is being promoted by intelligent sanitary measures under an efficient State Board of Health.

The fall months in Michigan, with the beautiful Indian summer which they bring, present perhaps the most beautiful and enjoyable autumn season to be found anywhere in the world. Winter is not introduced as in the West by sudden, violent storms, the result of icy blasts from the Arctic region, but creeps on gradually, giving an opportunity for the system to become accustomed to a cooler atmosphere, the icy blasts from the north, northeast, and northwest being very materially modified by the great bodies of warm water over which they must pass before reaching this peculiarly favored spot. A glance at the map will show that Michigan is peculiarly protected from winter storms. The greater portion of the State is exposed only on its southern border. On the east, west, and north, it is completely protected by immense bodies of water which never freeze over, even in the coldest weather.

Now, this is not boasting, it is an appreciative tribute to the good country in which we are permitted to live. We don't ask people not to go to California or Florida who prefer to do so, but for us we are glad to live in good Michigan. And we are glad that the great Sanitarium has such a splendid auxiliary in this clear, wholesome, mild and delightful climate, where our tables are supplied with the bountiful products of garden, field, and orchard, direct from the hand of the producers.

NATURE'S PRODIGALS

He's gettin' back to Nature after thirty years away,
He's been busy chasin' dollars while his health has gone astray;
He forgot about his stomach, till it went upon a strike,
An' he's humped an' all bent over, sort o' sour an' peevish-like;
He ain't had no rest, I reckon, for a score o' years an' ten,
He's been diggin', diggin', diggin', with a day off now an' then;
He's been starvin' every longin' of his heart an' soul in town,
An' he's gettin' back to Nature when his work is nigh run down.

He's got everything that's goin' that a moneyed man can buy,
But his step is slow an' heavy—there's no sparkle in his eye;
He can write his checks for thousands, an' they'll cash it too, all right,
But there ain't no bank will cash it when it's drawn on appetite;
He's got dignities an' honors, an' he's stored a sight o' wealth,
He's got stocks an' bonds an' titles, an' most everything 'but health,
An' he found out when he lost it that he held it mighty cheap,
For he'd give a thousand dollars for a night o' restful sleep.

He's gettin' back to Nature, but I wonder what he'll say
When she asks him for th' treasure that he's wasted by the way;

For she gave him every blessin' that a mortal man should get,
An' he traded 'em for money an' he's got the money yet,
But he can't buy nothin' with it that he really wants to buy,
An' th' price he paid for riches, it was purty middlin' high;
So he's gettin' back to Nature, in his life-time's dusk an' gloam,
When he's wasted all his substance—like a prodigal come home.

J. W. FOLEY.

Mr. Horace Fletcher and Miss Marion Hamilton Carter of the staff of *McClure's Magazine* are at Chautauqua for two or three days as the guests of Mr. and Mrs. Arthur E. Bestor. Mr. Fletcher has, since the close of the Chautauqua season, been at the Battle Creek Sanitarium holding conferences with men who are interested in the Health and Efficiency League. He and Miss Carter have also visited the Valparaiso University and the Rumley School in Indiana. Mr. Fletcher has accepted an appointment as Professor of Vital Economics in Valparaiso and will carry on experiments there on two or three occasions during the year. He is now on his way to take up his experimental work on the east side of New York.—*Weekly Chautauquan*.

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QUESTION BOX

(Continued from page one)

mitting the germs which are often circulating in the blood to find a lodging-place there and grow.

Q. What do you think of the tuberculin treatment for tuberculosis?

A. It seems in some cases beneficial, but it needs to be used with very great discretion and by persons of large experience in its use.

Q. Why do people suffering from hypohydrochloria generally experience lack of appetite?

A. Usually because those people have auto-intoxication, and with the auto-intoxication they have coated tongue, and with the coated tongue they have loss of appetite.

Q. Is it possible for one to have good digestion with a badly prolapsed stomach?

A. Yes, it is possible for a time, but sooner or later the good digestion will fail.

Q. Does the removal or a mole ever cause cancer to start?

A. No, quite the opposite. Our best surgeons recommend that all moles, discolored spots, warts and excrescences of that sort should be removed, because, if one is going to have a cancer anywhere, that is the place where it will come. One out of every eight women is sure to die of cancer. About one out of every ten men is bound to die of cancer. It is getting to be a terribly frequent disease, increasing with great rapidity.

Q. Where did you obtain the friendly germs for making Yogurt buttermilk?

A. They came from Mt. Ararat. It has been suggested that they came over in the ark, but I do not vouch for that.

Q. What does it indicate when one's finger-nails are so brittle that they break before they grow even to the end of the fingers?

A. It means lowered vital resistance and a defective organism, for what is happening to the finger-nails is happening to the rest of the body; that same lack of defense and durability is present everywhere.

Q. When one's capacity is not sufficient to take fruits and Yogurt buttermilk at the same meal, which should be left out?

A. Leave out the Yogurt buttermilk and take it half an hour before the meal. It is better to take those friendly germs before the meal anyway, when the stomach is empty, because they are not likely to be killed off by the gastric juice, and they have a better chance to get a start.

Q. To what extent is cancer contagious?

A. Probably not at all except in the person who already has had a cancer. A healthy person has sufficient resistance to prevent the germs from growing; but in the person who has cancer, the bodily resistance has been lowered until the parasites have secured a start.

Q. When the blood-pressure is low, say 90, what should be done to bring it up?

A. Take a cold bath, and run out and take a walk in the cold air. Cold air and water are the best means of keeping the blood-pressure up to normal and the best means of bringing the high blood-pressure down to normal, because they improve the vital activities which correct the evil conditions of the body.

Q. Can one fast a week without harm?

A. Yes, especially if he has eaten too much beforehand.

Q. What is the cause of pains in the back of the neck?

A. Auto-intoxication is the most common cause of it. It produces stiffness, and a rheumatic feeling in the back of the neck.

Q. Can migraine be cured?

A. Yes; it is an evidence of auto-intoxication.

Q. Is the disease hereditary?

A. No, but the disposition is. These hereditary dispositions, or supposed hereditary diseases, chiefly grow out of the fact that the children and the parents are living in the same conditions. The boy that gets migraine from his mother has been eating at the same table, and ate the same food that was cooked by the mother, so he gets auto-intoxication. I met a fine, witty old gentleman some years ago. His wife had died of consumption, and he had a bad cough. He said, "Doctor, I wish you would examine my lungs, I think I have consumption. I believe I inherited it from my wife." He had been living in the same rooms as his wife, under the same conditions, and the same thing that produced consumption in her had produced it in him. So many other things that are called hereditary are no more hereditary than was this case.

Q. Why do all your doctors at this Sanitarium place so much importance on the blood-pressure test when most of the good doctors of the land pay but little or no attention to it?

A. I am glad to tell you that the good doctors of the land are beginning to pay more attention to it, and in a few years from now no doctor will be looked upon as a good doctor if he does not have a blood-pressure instrument in his office, and if he does not take the blood-pressure of every patient who comes to see him. I was interested in a letter from a medical friend, saying that some of the most enterprising life insurance companies have now included the taking of the blood-pressure in the things which the life examiner must do. Life insurance companies have come to see that it is one of the most important means of finding out how many years the applicant has to live. If they examine a man and find his blood-pressure 105 or 110, and he is able to exercise, they can count upon it that that man has anywhere from ten to twenty years at least to live, no matter what his age is. A man is as old as his arteries. If you are forty years old and have high blood-pressure, you are much older than forty. The blood-pressure is one of the most important and vital things that can possibly be considered in relation to the prognosis of a case, and with reference to the person's life expectancy.

Q. Is there any provision made for sun baths when the weather gets colder?

A. Yes. When the weather gets colder we have sun baths day and night. The electric light is our great reliance. We have sun baths all winter here. The arc light will sun-burn a person quicker than the sun will, and a person can get tanned just as deep with the arc light as with the sun. The arc light is a little more penetrating than ordinary sunlight,—

it is reanimated sunlight that is being used over again.

Q. Please let us know what advantage hot water baths have over drugs in the treatment of insomnia accompanied by stomach trouble and neurasthenia.

A. It is not the hot water but the neutral bath. Its advantage over drug sleep is that drug sleep is poisoned sleep. You can knock a man in the head with a club, and he will go to sleep—he may not wake up again, or perhaps he will wake up in half an hour. Giving a man a large dose of a hypnotic drug is knocking him down with a medical club. A club will paralyze a man when it hits him on the head. Give him a dose of medicine and it paralyzes the same nerves another way, by chemical effect, instead of by mechanical effect; but there is injury in both cases, and the injury of the drug may be greater than the injury of the club.

Q. Are buckwheat cakes healthful?

A. Buckwheat cakes make plenty of good business for the doctors. They encourage auto-intoxication because of the indigestible material of which they are composed—half-cooked buckwheat—and also because of the burned grease on the outside which is splendid food for germs.

Q. I have been at the Sanitarium about two weeks, came by the way of the Great Lakes, and ever since coming I have had the motion of the boat when lying down. What is the cause of this?

A. That is a peculiar nervous phenomenon that many people observe after traveling on a boat. You will soon get over it. You are neurasthenic, and when the nerves get better you will be relieved of that.

Q. Please state the cause and cure for sickness caused by riding in the cars.

A. That is often a neurasthenic symptom. The sense of equilibrium is disturbed, as it is in neurasthenia. Very often persons suffering from neurasthenia have staggering and other symptoms of this inco-ordination. A good way to test yourself is to close your eyes and see if you can put the ends of your fingers together. If your hands go around, you may be sure you have neurasthenia. That is a very common neurasthenic symptom. You must not think you have locomotor ataxia if you fail in this test. Failure is very common in neurasthenia.

Q. In what part of the body are the red corpuscles made?

A. The red cells are made in the bones. Now isn't that a curious thing—that the bones are the blood factory? For long years it was a great mystery where the blood was made, and it was supposed by many people that the blood was made right in the blood-vessels themselves; that the blood-cells multiply in the blood vessels; but in recent times it has been discovered that the blood is made in the bones. That part of the bones in which is found what is called the red marrow is where the red cells are made. You know there is the red marrow and the grey marrow. The red marrow is found in the expanded ends of the large bones, in the breast bone, and in the ends of the long bones of the legs and the arms, the heads of the bones, so it is important to have healthy bones as well as it is to have healthy muscles; but fortunately, if we have strong, vigorous healthy muscles, we are certain to have good bones also, because the same blood which supplies the muscles, supplies the bones which are surrounded by the muscles; so if we exercise the muscles and have a good supply of blood to the muscles, we will have a good supply of blood to the bones, and the blood-making process will be carried on actively. That is the reason why

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massage is such an excellent thing in anemia.

Q. What is indicated by the following blood test: Blood pressure 120, white cells 135, pulse 84.

A. It indicates that you are not in a very dangerous condition. The blood-pressure is just a little too high and the pulse a trifle too high. Probably you were a little excited and wondered what your blood-pressure was going to be. The white cells were 135. That is first rate; you probably need all of them, and might have a few more without any harm.

Q. Would you advise giving yogurt tablets to a child five years old who has a bad breath much of the time?

A. Yes, they are most excellent for the child that has a bad breath. He ought to eat yogurt.

Q. When should a person drink water?

A. The best time to drink water is about two hours and a half after a meal; and then it helps to rinse the stomach out, and also supplies the body with some liquid to replace that which has been taken out of it in the process of digestion.

Q. Should a person drink water whether he is thirsty or not?

A. Yes, if you need washing. If you have a sallow complexion and autointoxication, you ought to drink systematically, and drink from a sense of duty, whether you feel like it or not. Drink six or eight or ten glasses a day.

Q. Do you advise spraying the nose for catarrh?

A. It does not amount to very much, but it is a useful way of encouraging the curative process after you have had such things done to the nose as are necessary to remove the cause of the trouble. If you have a thickened turbinated bone, or a diseased ethmoid bone, or the vomer is diseased, you should have something done for this difficulty to relieve the cause of the trouble. Then the spraying would be an advantage.

Q. How can I break a six year old child from eating too fast and not chewing his food well?

A. I shouldn't think you would have any difficulty. Just feed him slowly; that is all. You should have him sit right down beside you, at the table, and when you take a mouthful give him one and let him chew his mouthful just as long as you chew yours. Set him a good example, and the first thing you know, that boy will be excelling you in fletcherizing. The difficulty in teaching children to do things, is that we do not do those things properly ourselves. We say to a child "Don't eat so fast," then we go on eating for all we are worth; and of course that boy never stops eating fast, because he doesn't have a good example set for him. If the children were set a good example of proper mastication from the beginning, there would be no difficulty.

Q. How can one relieve a severe nervous headache at the moment?

A. You can not relieve it at the moment by anything but a narcotic. Hot applications are usually beneficial. The first thing is to get rid of the poisons that produce it. Sick or nervous headache is simply acute autointoxication. Nothing will cure it but to get rid of the toxins; but the whole body is saturated. You can clear out the alimentary canal by a laxative, but still the body is saturated with poisons. The liver and kidneys have lost their power to oxidize and eliminate the poisons, so they accumulate, and the nervous headache is a nerve-storm—the accumulation of these poisons in the tissues. When you get rid of a headache, you need never have another if you live right, take care

to keep the bowels active, living on an antitoxic diet,—that is, living a la Sanitarium,—when you live that way, you are not likely to have headaches; and when you come here you ought to be relieved of it in a short time.

THE SANITARIUM DISPENSARY REPORT

THE report of the work of the Battle Creek Sanitarium Dispensary for the month of September is given below. It will be noticed that the figures are unusually large. This work in behalf of the indigent sick is increasing and is being more and more appreciated by the community at large. Dr. J. T. Case has charge of the Dispensary inside work and Dr. Benton N. Colver visits the outside patients. Miss Isabel Mackeracher is visiting nurse with other assistants. She has earned by her devoted labors a very large place in the affections of the dependent people of this city, who welcome her visits as they would the call of an angel.

Inside Work.

Patients enrolled	155
Consultations	401
Examinations	78
Surgical dressings	127
Office treatments	10
Operations	4
Bath-room treatments	474
Phototherapy	108

Out Work.

Doctors' visits	41
Nurses' visits	194
Families visited	91
Visits discontinued	10
New families on list	17
Total number on list	239
Treatments given	20
Families assisted by clothing	42
Families assisted by food	16
Garments received	120
Garments distributed	98
Laboratory examinations	115

ALCOHOL AND ENDURANCE

LIEUTENANT-COLONEL A. M. DAVIES, of the Royal Army Medical Corps, in a paper before the British Medical Association, states that exertion of the body is better borne without than with alcohol; this has been proved most conclusively. As a restorative after fatigue, and as a spur to special exertion for a short time, a small quantity of alcohol may be useful, but reaction is sure to follow. A German observer, Schneider, has recently examined 1,200 mountain climbers, and found that, according to their testimony, as long as continuous efforts and difficulties are to be expected no alcohol should be taken.

He also states that in the exposures and fatigues of war, it has been demonstrated that alcohol is quite unnecessary to enable troops to support them effectively and cheerfully; nor are they endured any better when alcohol is consumed, but on the contrary, worse. The experiences of the British forces in Egypt in 1880, when a body of troops under Sir David Baird marched across the desert from the Red Sea to the Nile (Kosseir to Keneh); of the Red River expedition in Canada in 1870; of the Ashanti campaign in 1874; and of the Nile expedition in 1885—the three latter under Lord Wolseley—all prove that very great exertion and exposure to extremes of temperature can be better borne without alcohol than with it, and that arduous campaigns can be carried on without the use of alcoholic drinks of any kind. The campaigns quoted include instances of extreme heat (Egypt, 1800 and 1855), extreme cold (Red River), and a most malarious climate (Ashanti, 1874). The bodily exertions undergone by the troops in the Red River and Nile expeditions were undoubtedly extreme.

THE *Weekly Chautauquan* says:

These lines are still preserved at Chautauqua:

Here's to Horace Fletcher!

His life's a merry song;

He eats but little here below

But eats that little long.

THE BATTLE CREEK SANITARIUM AND HOSPITAL TRAINING SCHOOL FOR NURSES, BATTLE CREEK, MICHIGAN

This institution offers a three years' course of instruction for women and two years for men. In addition to the usual subjects taught in hospital training schools, special attention is given to all branches of physiologic therapeutics, including hydrotherapy, radiotherapy, phototherapy, kinesitherapy, or manual Swedish movements, and massage.

Among other special advantages offered are laboratory instruction in bacteriology and chemistry, the use of the microscope, urinary analysis, practical course in cookery and dietetics, medical gymnastics, swimming, anthropometry and open air methods.

Applicants received whenever vacancies. The next class will be organized the first of April, 1910. For full information address

Mrs. M. S. Foy, Supt.,

Sanitarium, Battle Creek, Mich.

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ARRIVALS

THE list of arrivals at the Battle Creek Sanitarium for the week ending October 3 is as follows: H. A. Resener, W. Va.; F. Adele Hending, O.; A. E. Kenaston, Mich.; Rev. J. Boyd Jones, Ind.; Mrs. J. Boyd Jones, Ind.; L. B. Bailey, O.; John A. Gilbert, C. W. Shoemaker and wife, Ind.; Orville Tegg, Ia.; James H. Sanford, City; Rosa Kaufman, O.; Lida B. Johnston, Pa.; Lillie A. Whiddon, Miss.; Arnold H. Kambly, Can.; Mrs. W. McHarry, Ill.; Mrs. M. E. Mundy, Ill.; David A. Kennedy, N. Y.; M. M. Renshaw, Philadelphia; Samuel S. Power, Pa.; Mrs. Homer J. Taylor and son, O.; Miss Schoring, O.; Arthur Steele, Ind.; C. C. Brown and wife, Buffalo; Mrs. C. B. Van Kirk, Chicago; Mrs. Mary Friend, Ia.; J. M. Schuman, Md.; Maude L. Parkes, N. Y.; J. F. Moynahan, Detroit; Mrs. Coleman, O.; J. E. Roelfe and wife, Ia.; Mr. Warren, Mich.; Mrs. Ed. Mowry, Wis.; Mr. Alex Carpenter, Mich.; Dr. A. M. Clauchan, Ill.; Frank M. Clauchan, Ia.; Mr. and Mrs. Chas. A. Boward and child, S. D.; Mrs. S. E. Newton, Ill.; F. S. Millard, Tex.; Mrs. V. B. Austin, Ill.; Mrs. R. M. Hague, Ill.; M. Southeimer and wife, St. Louis; J. J. Faucher, Kansas; E. M. Wave, Minn.; Mrs. John Spucher, Sr., Ill.; John Spucher, Jr., Ill.; Lydia Sprucher, Kans.; Mrs. Helen T. Dusenbury, N. Y.; A. L. Farmer, Okla.; Mrs. Chas. F. Fishback, Ill.; Mr. and Mrs. C. H. Felt, Pa.; Dr. Knox and K. A. Healy, Ill.; Miss Marguerite Skirvin, Okla.; Frank L. Busey and Ethel M. Brant, Ill.; Mrs. R. B. Maycock and Mrs. Mary E. Baker, Utah; L. D. Rodgers and wife, and Clara M. Ellepon, Mich.; Maynard Garner, Mo.; Mr. and Mrs. D. M. Ferry, Mich.; H. S. Jones, Tenn.; Fannie H. Meyer, Ind.; George Birnbourn, Mich.; Mrs. S. S. Baker, Ark.; M. M. Marsh, Ill.; Mrs. J. H. Campbell, Mich.; M. S. Meyers and children, Tex.; J. C. Shedd, Mich.; Miss Ruth K. Hope, O.; E. B. Van Dorn, Ill.; Mrs. M. O. Maltby, O.; J. A. Crislip and T. A. Crislip, W. Va.; Mr. and Mrs. Clem Naldrett, Mich.; Dr. M. P. Davidson, Mich.; A. L. Robinson, Pa.; Polly L. Jenne, Mich.; M. W. Clare, M. D., Ark.; B. F. Moynahan, Mich.; E. R. May, Fla.; Mrs. E. G. Seibels, S. C.; Y. Allen Holman, Ala.; E. H. Leonard and G. L. Leonard, Iowa; Julius L. Strauss, Ill.; F. C. Fox, Kansas; H. H. Shrive, Mich.; Priscilla Jane Snyder, Mich.; S. S. Scott, Pa.; Mrs. Joseph Down Ohio; Ralph St. John, Ind.; J. B. La Lande, and Miss M. Neville, Pa.; Everett McCallister, Ill.; Mrs. P. J. Livingston, Can.; J. M. and Mrs. Boby, Colo.; T. A. Prindle, O.; Miss C. Grove,

HEATING COMPRESS

WRING a cloth out of cold water and apply over the painful part. Cover with mackintosh and then with several thicknesses of flannel. The moist cloth will quickly become warm, and will retain the heat for a long time. It acts as a poultice, and is fully as effective as a poultice (besides being much cleaner) in deep-seated spinal pains, as found in pains due to indigestion, chronic catarrh of the bowels, and constipation. A heating compress applied to the abdomen will often relieve congestion of the head in headache, and so induce sleep.

News and Personals

T. A. Crislip, of West Virginia, is a newly arrived patient from the South.

Atty. A. E. Kenaston, of Hastings, Mich., has entered the institution for rest and treatment.

Samuel S. Powers, of Homestead, Pa., a prominent grocer, is a recent arrival at the Sanitarium.

E. W. Winn, of Charleston, S. C., a wholesale fruit merchant, is among the recent arrivals from the South.

Jacob Roelfs, of Pekin, Ill., a prominent hardware merchant and organ manufacturer, is among last week's arrivals.

L. B. Bailey, of Toledo, Ohio, county commissioner, is spending some time at the Sanitarium resting and recuperating.

Miss Elizabeth Neal, of the Sanitarium Correspondence Department, has returned from an extended trip to New York City and Passaic, New Jersey.

Dr. M. P. Davidson, of Montana, a dentist, has entered the institution for a course of treatment.

H. L. Wagner, of Texas, a wholesale druggist, is taking much-needed rest and treatment at the Sanitarium.

J. W. Knight, of Anderson, Ind., connected with the *Daily Bulletin*, is a newly-arrived guest in the institution.

Mr. and Mrs. Jas. N. Ritchie and little daughter Helen have returned to their home in Seattle, Wash., after spending several months at the Sanitarium.

Mr. Rex White, who has been visiting at his home in Texas during the past few weeks, has returned to the Sanitarium to continue his course in Physical Culture.

We are pleased to have with us again F. C. Fox, of Topeka, Kansas, general superintendent of the Eastern Division of the Santa Fe Railway, an old friend of the institution.

Mr. Clyde Murray spent a few days at the Sanitarium last week visiting his cousin, Dr. Leslie Frasier. Mr. Murray was en route from California to Ann Arbor, where he will resume his studies in the University of Michigan.

Mrs. Fannie E. Dowkontt and her daughter Marian arrived at the Sanitarium from their home in Massachusetts on the 5th instant. Mrs. Dowkontt will act as matron of the home for medical students and Miss Dowkontt will attend school. We are pleased to have these ladies with us again.



TWO COURSES IN DOMESTIC SCIENCE

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The Two-Year or professional course, intended especially for Dietitians, Lecturers, and Demonstrators, includes all the studies of the one-year course, and in addition Advanced Chemistry, Advanced Physiology, Sanitary Science, Bacteriology, and Hygiene, and Advanced English.

ONE SPECIAL FEATURE of this school is that students are given an opportunity to meet a large part of their expenses by work along lines which aid them in their studies.

**The Battle Creek Sanitarium School
of Health and Household Economics**

**BATTLE CREEK
MICHIGAN**

The Sanitarium W. C. T. U. met at the home of Mrs. W. F. Martin on the 5th inst. A very interesting paper was read by Mrs. A. J. Read on "Literature for Children." Mrs. C. E. Stewart also presented a paper entitled "Character Building," which contained many items of interest. Music and refreshments helped to make the event an enjoyable one.

The reading-room and branch library in the second-floor parlor is now being well patronized. Catalogues of books in the Public Library and the Sanitarium Library are in the reading-room and guests may draw from either by messengers. By this arrangement a large amount of good reading is placed within the easy reach of the Sanitarium guests and patients.

In accordance with their usual custom the managers of the Sanitarium have invited the ministers of Marshall, Kalamazoo, Battle Creek, and intervening towns, with their wives, to take dinner at the Sanitarium. This function will probably come off the first Monday in December in connection with the monthly meeting of the Calhoun County Ministerial Association.

G. H. Corsan, of Toronto, a celebrated swimming expert and instructor, who has visited the Sanitarium from time to time, was with us again last week, during which time he gave an exhibition of fancy swimming before our guests. Professor Corsan is engaged during the winter as instructor of swimming by the Toronto University and the Young Women's Christian Association. During the summer he is engaged in Chautauqua and Convention work. Professor Corsan is a thorough vegetarian, and an enthusiastic advocate of the principles of health reform and always a welcome visitor at the Sanitarium.

A missionary museum is being arranged in the fifth-floor parlor of the Sanitarium, which has been furnished with suitable cases for the display of curios from all parts of the earth. Several of our missionary guests have been contributors to this exhibition and Dr. and Mrs. Kellogg have furnished a large supply from their valuable collection. The museum will be opened for visitors next week. The opening will be celebrated by a social and lunch for missionaries and medical students, to be held probably on the evening of the 12th instant.

During the past few weeks the following missionaries have been guests at the Sanitarium. These names, however, form but a partial list of the missionary guests: Rev. and Mrs. Wm. Ashmore, Swatow, China; Rev. and Mrs. R. L. Simkin, Cheng-tu, China; G. S. Phelps, Japan; F. E. Meigs, China; Mrs. Bessie Mitchell, Hunan, China; Chas. T. Parnell, India; Miss Josephine Stahl, India; Miss Edith Crane, China; Mrs. Lorena Ross, Linares, Mexico; Miss Sophia Manns, China; Dr. Mary Cutler, Seoul, Korea; Dr. and Mrs. Levi Salmans, Guanajuato, Mexico; Rev. H. A. Bassett, Pueblo, Mexico.

We were glad to receive a three days' visit from Mr. Emerson Van Dorn, of Chicago, superintendent of the Life Boat Rescue Mission, located at 471 S. State Street. For twelve years Mr. Van Dorn has stood at the head of this work and given his life and strength to the work of lifting up the fallen and helping the helpless. Twice during his stay here he addressed the Sanitarium family concerning his work, giving many touching experiences in rescue work. The pathos of these experiences touched the hearts and sympathies of his hearers, who responded with liberal contributions toward the support of the mission. Any of our readers having the opportunity

would find it of interest to call at 471 S. State Street, and become acquainted with the work that is being carried on.

Dr. A. J. Read, who has just returned from a trip through southern Florida, inspecting the Everglades district, visited the winter residence of Thos. A. Edison, and in looking over the beautiful grounds planted with a variety of tropical trees, many of which were bearing fruit, he felt impressed with the practical sense of this prominent man or our country who spends his vacations in improving and building up the products of nature instead of destroying the beauties which nature has produced. Dr. Read also spent a very pleasant evening with W. H. Hall, formerly a steward of the Sanitarium, in his comfortable home in Bartow, Fla. Mr. Hall wished to be remembered to all of the Sanitarium family, and still takes a lively interest in all that pertains to the welfare of the Battle Creek Sanitarium. He is quite wedded to his Southern home, and expects to spend his remaining days there.

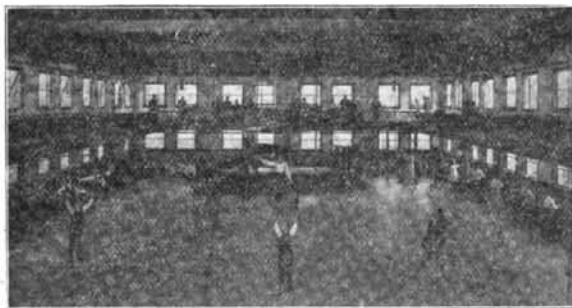
BELIEVE THE BEST

LET us believe the best; there are enough, you know,
Judging by what they see—wronging each other so.
Let us believe the best; there are enough to blame,
Numbers to think the worst—numbers to brand a name.

Many a man would rise out of his dark despair,
If there were only one, just to believe and care—
Out of the losing side, daring to take his stand—
Heedless of what men say, holding a brother's hand.
—Ex.

Battle Creek Sanitarium School of Physical Education

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Large Faculty of able teachers and trainers. Course one year. Tuition full year, \$85.00; Board, \$3.00 to \$3.50. A number of students may pay their way in work.

Mr. Horace Fletcher will give a course of lectures on vital economics, and Mr. John F. Stapleton, formerly of the Yale Gymnasium, a special course on theory and practice of Swedish gymnastics.

The regular school year opens October 18th and closes June 10th, 1910.

Any who are interested will be sent illustrated announcement with further details on request. Address:

The Battle Creek Sanitarium School of Physical Education
BATTLE CREEK, MICHIGAN

THE BATTLE CREEK IDEA



Vol. II, No. 45

BATTLE CREEK, MICH., OCTOBER 15, 1909

Price 2 Cents

EXOPHTHALMIC GOITRE A SERIOUS COMPLAINT

This Affliction Studied by Dr. Riley, of the Sanitarium. His Discoveries to be Given in a Series of Articles

EXOPHTHALMIC goiter is a constitutional disease, characterized by the presence of a rapid pulse which is called tachycardia, enlargement of the thyroid gland, protrusion of the eye-

THE MEASUREMENT OF VITAL CO-EFFICIENTS

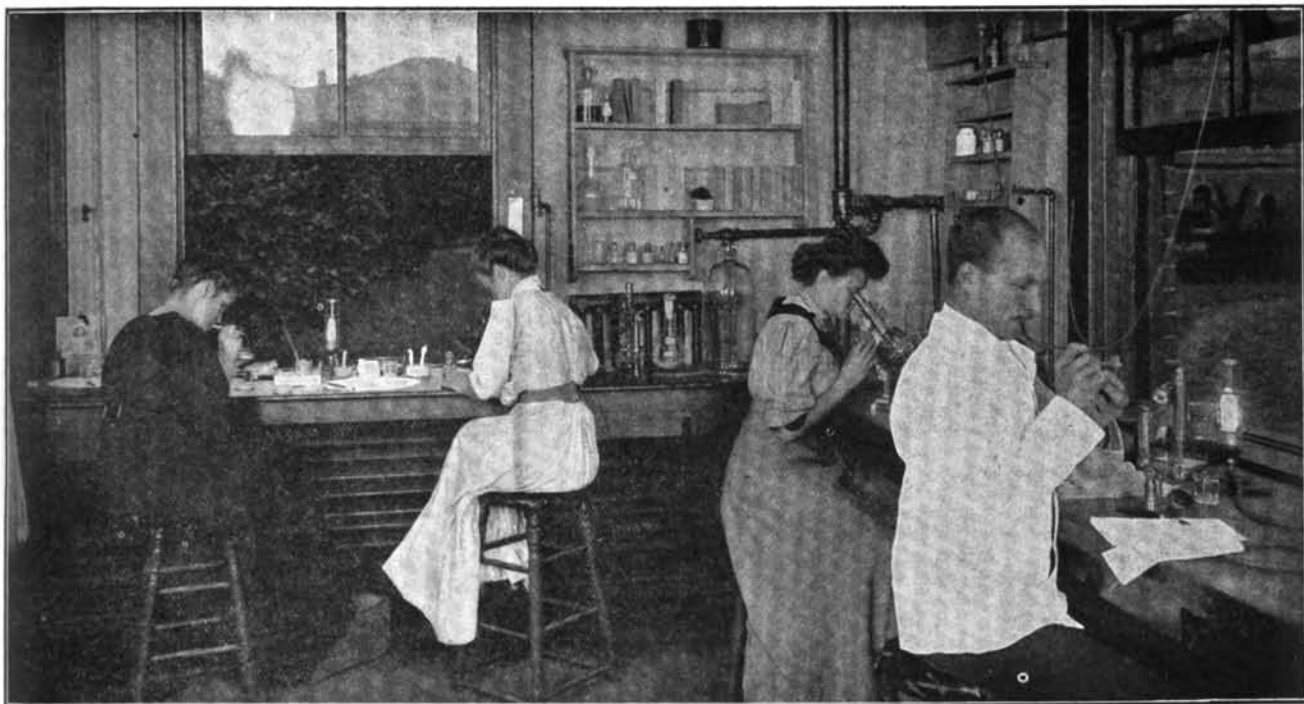
A Definition of Vital Co-efficients and the Place Given Them in the Sanitarium System

A FEW months ago we published an epitome of a lecture by the superintendent of the Battle Creek Sanitarium on the subject of Vital Co-efficients. At this time we purpose to place

WHAT IS AUTOINTOXICATION? HOW TO AVOID IT

A Lecture by Dr. J. H. Kellogg to Patients and Guests on This Modern Nemesis

WHAT is autointoxication? Autointoxication means self-poisoning. A man was very much surprised the other day when I told him he had autointoxication, and he declared he



THE SANITARIUM BACTERIOLOGICAL LABORATORY

balls, and the presence of a fine tremor in different parts of the body. In addition to these cardinal symptoms a large number of other symptoms of less importance, such as nervous exhaustion, vasomotor and secretory disturbances, disturbances of the digestive tract and in some cases mild or severe mental symptoms, are also present.

The name of this disease—exophthalmic goiter—is taken from two of the cardinal or principal symptoms, i. e., the exophthalmos or the protrusion of the eyeballs and the goiter or the enlargement of the thyroid gland. The thyroid gland is a gland located in the front

(Continued on page five)

before our readers some account of the search for these conditions of health and disease as it is conducted in the laboratories of that institution. A co-efficient is defined to be "any agent that unites its action with that of another agent for procuring a certain result." Or it may be considered as the statement of power or degree of quality possessed by a substance. The ascertaining of vital co-efficients is the measuring of the vital forces of the human body.

Without an exact scientific knowledge of the status of these vital forces of his patient the physician's work must be done in the dark, he

(Continued on page two)

had never drunk anything intoxicating in all his life; and when I added that he was drunk that minute, he felt considerably perplexed to know whether I was joking or whether I was insulting him. He finally came to understand that he was suffering from intoxication caused by poisons of his own manufacture. The word intoxication comes from the Latin word for poisoning, *toxicare*; and autointoxication means self-poisoning. Intestinal autointoxication means self-poisoning with poisons that are generated in the intestine. There are other kinds of autointoxication. There is what is known as metabolic autointoxication, in which a person is poisoned with uric acid

and his whole body becomes saturated with it,—that is metabolic or tissue intoxication, the auto-intoxication coming from the poisons forming in the tissues.

What are the causes of intestinal auto-intoxication? The intestinal form is what is generally meant by auto-intoxication. In fact, I am more and more disposed to believe that metabolic auto-intoxication, so-called, is primarily derived from intestinal auto-intoxication. What are the causes of intestinal auto-intoxication? How are these poisons produced in the intestines? By germs, in precisely the same way in which poisons are produced in any decaying substance. There are some substances, such as sugar, which can not putrefy. And there are conditions under which no substances can decay. I noticed in the newspaper reports that Peary's expedition to the North Pole found in a state of perfect preservation some stores of an expedition that went out thirty years ago. When I was in St. Petersburg a few years ago I saw the mammoths that had been discovered in Siberia, frozen in the ice. There was a portion of the stomach of a mammoth, and food that had actually been found in the stomach of the animal,—grasses, mosses, etc.—perfectly preserved. The bodies of animals that must have died ages and ages ago had been preserved in the ice for those thousands of years.

Under a tropical sun the same animals would have disappeared in six months, because the warmth of the sun would have encouraged the growth of bacteria, which can not grow in the cold. That is why we have refrigerators in our houses and cold-storage establishments. Putrefaction is due to the growth of germs. It has been found recently that there are germs which will grow at a temperature below 40 degrees. Skatol and indol are two of them, and sulphureted hydrogen is another; these volatile poisons give to putrid substances their disgusting odors. There are other germs which produce poisons which are non-volatile. These germs grow below a temperature of 40 degrees, but because they produce non-volatile poisons they have not been discovered until very recently. For instance, there is an ox hanging up in cold storage, which seems to be perfectly sweet, so that you smell nothing unpleasant about it, and yet putrefaction is going on,—the evidence of it is that it gets soft and tender. Mr. Armour's manager told me that he keeps his Christmas beef three months before he offers it for sale, and it becomes very tender and toothsome then, because of the decay which has been going on all this time but which is not yet obvious because the products are non-volatile and therefore free from odors.

These same poisons are produced in the intestine by the putrefaction of the undigested remnants of putrefactive materials. There are certain substances which readily decay, and others that do not. Flesh and eggs will putrefy. Flesh will rot just as soon inside of the body as outside of the body, provided it is not digested and assimilated. The oyster is ready to putrefy quickly if you give it a chance. The foods most subject to decay are animal substances. Vegetable substances are not so likely to undergo this change because they contain very little protein. The putrescible substance is protein or albumin. The decay of protein in the intestines produces auto-intoxication, and whenever a person eats a piece of beefsteak or any other sort of flesh food, or even eggs, he swallows germs of putrefaction that are actively growing and continue growing in the stomach and intestines.

It has been found that meat always contains these germs in abundance; because the moment the animal dies, the germs are found preying upon its flesh. It was found in Ger-

many some years ago that within twenty-six hours after the death of an animal, the flesh is swarming with bacteria. Please bear in mind that that luscious piece of steak is like a silver mine in Colorado—there are millions, probably trillions, in it, and when you swallow it, they will still multiply. We have made careful investigations of this subject in our own laboratory. Our bacteriologist last year sent down to one of the hotels and had the chef send him up some steak that was ready to be cooked, and also some steak that was cooked and ready to be served; and it was found that every morsel of that meat was swarming with bacteria.

A man who was formerly a lion trainer put his hand on the paw of a sleeping lion that he had previously trained. The lion woke up instantly and seized the man's arm with his teeth in a tremendous grip that crushed the very bones. The man was taken to the hospital, but in three days he was dead: his body was swollen enormously, as though it had been inflated with gas, from germs that had been planted in his body by the lion's teeth. This particular germ, which was discovered by Professor Welch, of Johns Hopkins University, produces putrefaction and gas in enormous quantities, and is always found in meat. It was in the lion's mouth because the lion was a meat eater, so that his bite inoculated the man with these germs and they pervaded his whole body. When a man is eating meat, he is swallowing germs of the most deadly character. The South American Indian dips his arrow in the flesh of decomposing animals, then shoots it into an animal, and in a little while the animal is dead.

When a butcher, in carving a piece of meat, accidentally cuts himself, blood-poisoning often sets in, and the butcher is almost certain to die. In post-mortem examinations the doctor runs the same risk if he should prick himself with the instrument he is using. This is because dead bodies are swarming with deadly germs, and it is only necessary to be inoculated with them to get the most dire consequences.

Why doesn't every meat-eater die? It is only because of the wonderful provision that has been made by nature for protecting the body. All these poisons are usually carried through the liver, and there they are filtered before they get into the general circulation. It is your liver that saves you. That is the reason why one feels bilious after eating a heavy meat dinner. Biliousness is simply acute auto-intoxication. There is much more to be said about this, but I must go on to describe the second cause of auto-intoxication.

Putrescible foodstuffs are the first cause, and the second is that these putrescible foodstuffs are left in the body for a sufficient length of time to allow them to undergo putrefaction. I am satisfied that stasis, or delay of foodstuffs in passing along the alimentary canal, is the most important factor in producing auto-intoxication. The last patient I saw before I came in here to-night was a gentleman who had been a doctor, who has been suffering for years; and I found his tongue was extremely foul. He is a man about forty-five years old, and he said, "Doctor, I have not eaten a pound of meat in all my life." That is not much for a lifetime, when the ordinary man eats a pound of beef a day. The man had eaten scarcely any meat at all for many years. yet he had serious auto-intoxication because of having once inoculated himself with germs that grow very rapidly. He had eaten eggs very freely; he was accustomed to eating poached eggs for supper every night, and to take a raw egg at five o'clock every morning regularly; and those eggs were just enough to

keep these germs active, provided the bowels were inactive, as I found they were.

I asked a boy the other day how often his bowels moved, and he said they moved regularly four times a day. I asked another boy how often his bowels moved, and he said every time after he ate. I repeated this question concerning the movements of bowels to a lady who had brought up a number of children, and she said the bowels move every time the child eats, after each meal. There is no question at all in my mind that this is the natural and proper and physiologic way. When this occurs, then the contents of the intestines do not remain there more than ten or twelve hours, and they ought not to. The intestines ought to be kept clean. The remnants of food that are discharged from the body ought to be as sweet as when they were taken in. I caught a whiff of a man's breath the other day, and it was worse than ordinary gas; it was the most horribly offensive sort of a smell. I had to tell him so as to wake him up and make him see the importance of doing something to make himself sweet. There are a number of people going about with the most loathsome, offensive bouquets defiling the air about them, just because they are filled with rottenness. If their noses do not detect it, their blood-corpuscles and brain-cells do; that is why they feel so stupid, so depressed, so melancholy and nervous and irritable—simply because their whole life is tainted with these horrible products of decomposition, and their brain is stained by them.

This is not a very pleasant thing to talk about, I know, but it is of tremendous importance, and I feel I must say enough to make the matter clear once for all, so that you will not quickly forget it. I believe it is one of the most important questions in hygiene and preventive medicine that can possibly be broached. One of the most important things I know anything about is this universal source of auto-intoxication,—the saturation of the body with poisons generated within the alimentary canal.

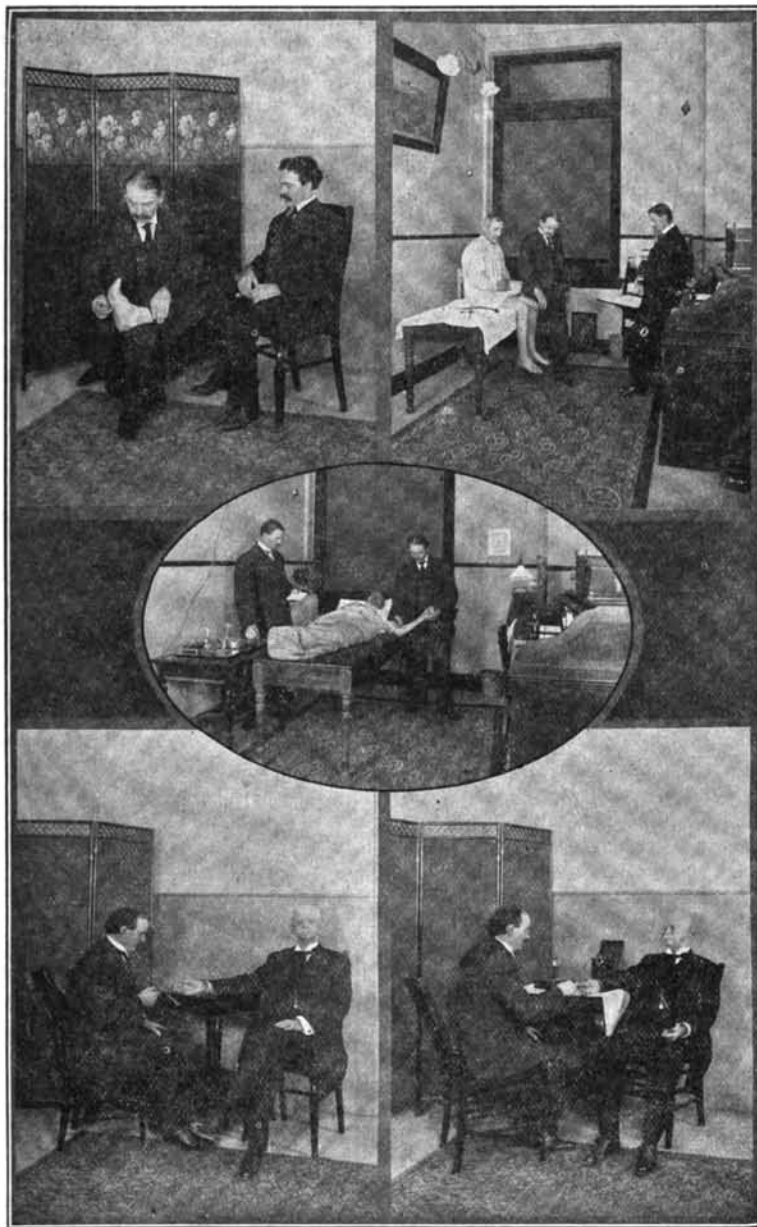
What one must do to avoid intestinal auto-intoxication is to eat clean substances, substances that will not undergo putrefaction. There are many such substances, the natural diet of man: the fruits, nuts, cereals that God gave to man to feed upon and that are put down in the Bible as the natural bill of fare. And finally, see that this food moves through and out of the body with dispatch, without being detained by negligent or lazy habits until it has time to become foul and poisonous.

VITAL CO-EFFICIENTS

(Continued from page one)

must rely upon extraneous symptoms of an uncertain and unreliable character. He feels the pulse, looks at the tongue, counts the respiration, ascertains the temperature, inquires as to his patient's sensations and then forms an opinion as to the nature of the trouble. His prescription will be in harmony with his opinion of the case; and if the remedy does not work, he concludes he has not estimated correctly, and changes his mode of treatment to suit the next most probable condition.

Now to avoid this experimentation, with which even the best of medical practice in past times has been accompanied, the Sanitarium has instituted the most elaborate system of investigation of the real vital standing of its patients, in the most important functions and organs of the body. The results of this investigation are of a double significance, for they not only reveal to the physician the power of his patient to resist disease, they



THE SANITORIUM GASTRIC LABORATORY

also reveal the nature and extent of pathological conditions. The existing conditions pro and con, are placed before the doctor in a manner that requires no guessing, and leaves no uncertainty as to the measures that should be adopted.

Not all patients are placed under all these critical tests. The physician knows to what extent these need to be carried to give him the knowledge he requires in any case. Of these investigations we will speak of but few in this place.

There is the dynamometer, a machine invented by Dr. J. H. Kellogg for the measuring of the muscular force. By this ingenious contrivance the actual strength of every muscle of the body is measured and recorded. Thus an important field of remedial work is opened before the physician. He understands at once many direct and collateral features of his case that would otherwise be matters of conjecture. There is the gastric laboratory to which the con-

tents of the stomach taken a short time after food has been eaten are carried, and carefully analyzed by various scientific tests and measurements. This examination reveals the qual-

ity of salivary digestion, the presence of bacteria in the stomach, the state of hyperhydrochloria or the opposite state of achylia is determined, the digestion of starch, and other conditions of the stomach are definitely revealed.

In the blood laboratory the examination is equally critical and suggestive. The blood corpuscles are carefully counted, the red and white are enumerated, and the various classes of white corpuscles are differentiated. The phagocytes or germ-destroying white cells are carefully computed; and in an opsonic test, the ability of the blood to resist the inroads of disease is noted; and where it is found deficient, of course, particular pains are taken to strengthen the blood. The blood is one of the most effectual defenders of the body against invading germs of disease; and the vitality of the blood needs to be continually sustained and nourished that our defences may be strong. Countless millions of these foes to life are being constantly destroyed by the blood cells, but if these become deficient in number and quality, disease soon finds its way into the system. Other observations on the condition of the blood as to its color or hemoglobin, its serum, etc., are made for the information of the physician.

The urinary and fecal laboratories are very valuable adjuncts to the work of diagnosis. The examination of the excretions of the digestive apparatus and the urinary organs is of very great importance as indicating the quality of the work that is being done by them. Here, as in other departments, the work is most thoroughly and scientifically done. The presence or absence of sugar, albumen, ammonia, acids, nitrates, and many other characteristic elements and parasites, is carefully noted and measured. The presence of food substances and of remnants of tissue, and indeed a long list of indications are brought out that are of the greatest aid in deciding as to the proper course to be pursued in the various cases that are presented.

In connection with the blood test we should also speak of the test for blood-pressure. This feature of vitality is now considered as of prime importance by intelligent physicians. By the gradual hardening and thickening of the arterial walls the forcing of the blood through the circulatory system is obstructed; and as the thickening process goes on, the obstruction becomes more and more pronounced until a rupture of the blood vessels is caused; and if this takes place in the brain, where the blood is apt to be congested, and where the walls of the arteries are very delicate, apoplexy results, usually followed by fatal consequences. As a means of ascertaining the state of the circulation, the pressure of the blood in the arteries is taken, and when it is found to be too high, measures are taken to lower it to normal or as near to it as possible.

(Continued on page six)

Battle Creek Sanitarium Periodicals

Three journals are published at the Battle Creek Sanitarium:

The Battle Creek Idea (Weekly).....	\$1.00	per year
Good Health (Monthly).....	1.00	" "
The Medical Missionary (Monthly).....	.50	" "

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VOL. II OCTOBER 15, 1909 No. 45

REAPING WHAT WE SOW

No more unalterable decree was ever fixed than that which places upon every individual the consequences of our own course of action. It is as just as it is irrevocable. It is the law of cause and effect. The results of our own actions come to us naturally, as consequences, not as penalties. Not infrequently penalties are substituted for natural consequences. It is frequently said, "Put your finger in the fire, and you will suffer the penalty." Not so. It is the consequence, and not the penalty. Penalty is the loss or suffering attached by human law to an illegal act. It is arbitrarily fixed, and varies according to the will of the governing power. It may be remitted entirely, or may be increased or diminished to suit the circumstances. This is not the case with natural circumstances.

Consequently the decree that, "Whatsoever a man soweth, that shall he also reap," is the statement of a natural law rather than an arbitrary principle, though it is the aim of good government to adopt the principle in the administration of penal law. The old rule of Israel which demanded "an eye for an eye, a tooth for a tooth, and life for life" was doubtless suggested by the evident justice of the decree of cause and effect. But to us such an arrangement seems inhuman and degrading, and so we endeavor to make the suffering of the evildoer equivalent to his crime by depriving him of liberty or property.

In the divine government there is no system of capricious and variable penalties, there is a faithful meting out to wrong-doers of consequences—of natural results following the course of action voluntarily chosen by the individual. The choice of good and evil, of death and life, is ever before us, and as we choose we shall reap. There is no short cut, no loop-hole of escape. The day of consequences may be postponed for considerable time, but it will come. If we do not reap the consequences of our own wrongs, those following us will meet them, and if they do not come to us in this life they will come in the life beyond, not from the vindictiveness of offended justice, but as the legitimate fruits of our sowing. "The wages of sin is death" is written in the Book, and the decree is universal.

The great mass of people have never come to a recognition of this inexorable law, though it has been plainly in force through all the ages. They are not ignorant of its exist-

tence, but yet are trying in some way to evade it. A man chooses to indulge his fleshly nature, well knowing that he is laying himself liable, yet hoping in some way to escape the consequence. He does not intend to "go too far." Or if he does, he reckons on some cure or some doctor, some nostrum to relieve him of the sufferings that are his due. The consequence is that thousands are to-day looking about for some medical quack or some cure-all that will absolve them from their sins and allow them to go on in their transgressions. A great premium would be paid for some remedy that would annul the decree that a man must reap that which he sows. If some way could be found by which men and women could go on indefinitely in the way of self-indulgence and avoid the reaping, it would be a great boon to the gluttons, the wine-bibbers, and the libertines. But that way can not be found. The day of reckoning may be postponed, but it will come. The only way to avoid the suffering is to avoid the wrongdoing.

And yet, there is a way of escape from the consequence of transgression. If there were no remedy for sin but the death of the sinner, we should all be hopelessly lost. Mercy is blended with justice. The wrong-doer may be restored. Not only is this true in the moral realm, but in the physical world as well; for divine redemption includes the body as well as the soul. God who made us is willing to co-operate with the one who desires to find and walk in the way of life and happiness. The divine power restores the wasted energies, builds up the broken-down system of the one who is willing to repent and reform. No provision is made for the one who insists upon continuing his wrong habits of indulgence. He assumes the consequences of his unholy life and will have to meet them.

The Good Book says of the physical sinner: "He is chastened also with pain upon his bed, and the multitude of his bones with strong pain: so that his life abhorreth bread, and his soul dainty meat. His flesh is consumed away, that it can not be seen; and his bones that were not seen stick out. Yea, the soul draweth near unto the grave, and his life to the destroyers. If there be a messenger with him, an interpreter, one among a thousand to show unto man his [God's] uprightness; then he is gracious unto him, and saith, Deliver him from going down into the pit; I have found a ransom. His flesh shall be fresher than a child's; he shall return to the days of his youth; he shall pray unto God, and he will be favourable unto him; and he shall see his face with joy; for he will render unto man his [God's] righteousness. He looketh upon men, and if any say, I have sinned, and perverted that which was right, and it profited me not, he will deliver his soul from going down into the pit, and his life shall see the light. Lo, all these things worketh God oftentimes with man. To bring back his soul from the pit, to be enlightened with the light of the living."

The Battle Creek Sanitarium is such a messenger. It does not promise any hope for the man who is unwilling to reform his habits and do that which is right. The Gospel of health

is part and parcel of the great Gospel of redemption, and is based upon the same requirements of repentance and reformation of life. In this way only is there hope for the wrong-doer.

KNOWLEDGE INCREASES

THE patronage of the Battle Creek Sanitarium was never so large as it has been during the present season. During the busiest part of the season the question of providing more room for the ever-increasing throngs of people who wish to avail themselves of the benefits to be obtained here, pressed itself upon the attention of the managers. The world is filled with people oppressed by various ills, and the intelligent classes are accepting the better knowledge that is coming out so brightly in these days in regard to the essential conditions of health and life. It is being more and more realized that the principles for which this institution has stood all these years are right and sound. With the best class of thinking people the days of quackery in medicine have passed away. Let us hope that the time will come soon when the sight of noisome nostrums heralded in newspapers simply for gain will no longer offend us.

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EXOPHTHALMIC GOITRE

(Continued from page one)

and side of the middle part of the neck, which secretes a fluid that seems to be very necessary in maintaining the normal nutrition and physiological processes of the body. This gland secretes a fluid which is poured into the blood and is carried to the different tissues and performs an important function in maintaining a healthy condition of the body.

The cause of these symptoms centers about the thyroid gland, and is supposed to be due to an excessive or perverted secretion of this glandular structure. The gland may or may not be organically changed. The important thing so far as the thyroid gland is concerned, is that there is an excessive or perverted secretion. This excessive secretion is poured into the blood, is carried to the nervous system and other organs of the body, and is supposed to be responsible for the many distressing symptoms.

This disease has many other names or synonyms which are sometimes given to it in medical literature. In addition to exophthalmic goiter it is also known as Parry's disease, Grave's disease, Basedow's disease, cardio-thyroid exophthalmia, and struma exophthalmica. The names Parry's, Grave's and Basedow's disease come from the names of the men who first described it. The credit of the most complete and accurate description of this disease undoubtedly belongs to Doctor Graves, an English physician who first carefully and accurately described it.

According to history, we find that attention was first directed to this disease in the year 1825 by Caleb Hillier Parry. He first called attention to some of the leading symptoms of the disease which were found associated together in eight different cases which he described. In the year 1835 Graves, an English physician, first described the symptoms as a distinct disease as distinguished from other diseases, and in the year 1840 Basedow, a German physician, independently wrote about it.

CAUSES: It is important to state here that the cause of this disease is not definitely and positively known. The causes may be described under two heads—predisposing and exciting. The predisposing causes are:

(1) **Heredity:** In studying the causes of this disease we often find that the individual has inherited a nervous system which is weak and unstable and which is easily disturbed by mental and physical causes. This is often the important predisposing cause in the development of this disease. Sometimes this weakness on the part of the nervous system may be acquired by wrong habits of living or by some other disease which the individual may have previously had. The hereditary factor also shows itself occasionally in that several cases may be seen in the same family. This, however, is not common, but sometimes occurs.

(2) **Race:** This disease seems to be more

prevalent in the Anglo-Saxon race than any other. It is thought not to be so very common in our own country, but it is sufficiently prevalent to be of considerable importance. In our own country it is thought to be by some more prevalent in the central northern states and not so commonly seen in the eastern states.

(3) **Sex:** The disease is very much more common in the female than in the male, the proportions given by different observers are 6, 5, 4, and 3 cases in the female to one in the male.

(4) **Age:** This is a disease that occurs during the reproductive period of life. Most cases are seen between the ages of 15 and 45 years, and in any single decade more cases are seen between the ages of 20 and 30 years than at any other like period. It sometimes occurs in children, and one observer by the name of Barret was able to collect 42 cases of children below the age of 15. It is said never to occur after the age of fifty. In my own experience most cases coming under my observation have occurred between the ages of twenty and thirty.

(5) **Constitutional Diseases:** It is sometimes seen in people with certain constitutional diseases such as anemia, chlorosis and other debilitating diseases. Cases are also reported associated with diseases of the nasal passages and with diseases of the abdominal cavity.

(6) **Existing Causes:** The exciting cause seems to be some mental shock or mental strain, such as grief, fright, worry and anxiety. Physical injury is sometimes said to cause the disease. Occasionally it follows the acute infections such as typhoid fever, measles, influenza and pneumonia. Cases following these

acute infectious diseases are by no means common. It is quite often associated with some other nervous diseases such as chorea, hysteria, epilepsy. It has been sometimes observed with locomotor ataxia and less frequently seen associated with tetany, sclerodema, myxedema, acromegalia. These last-named diseases are rather rare manifestations of disorders of the nervous system.

The cause of the symptoms of this disease is not definitely or positively known, but basing an opinion upon the facts at our command, the most reasonable supposition is that it is a toxemia or a poisoning of the body caused by an excessive or perverted secretion of the thyroid gland.

PATHOLOGICAL ANATOMY: By the pathological anatomy we mean the abnormal changes which are found in the tissues of the different organs of the body after death. These changes may be gross changes such as can be seen with the naked eye, or they may be minute changes such as can be seen only by aid of the microscopic or both. In exophthalmic goiter pathological changes have been found in the thyroid gland and in the lower part of the brain which is known as the medulla oblongata, in the heart and in the blood vessels. The changes found in the thyroid gland will vary considerably, depending upon the stage in the disease at which the post mortem examination is made. This disease is usually a chronic disorder and may extend over several years, and the changes found in the thyroid gland at the beginning of the disease usually are very different from those found at a later stage of this progressive disorder.

The initial pathological changes in the gland are (1) congestion. The blood vessels are

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dilated, more blood is present in the organ, the thyroid gland swells and increases in size, is soft and pulpy to the touch. (2) A little later there is an increase in the essential epithelial cells of the organ. These are the secretory cells, and it is by the activity of these cells that the secretion of the gland is produced. These cells proliferate or increase in number. (3) At the same time there is an increase in the size and number of the blood vessels of the organ and the blood supply of the gland is greatly increased. (4) Along with this increase in the epithelial cells and the other changes above mentioned, there is a colloid substance poured out in the ducts and spaces of the gland. Later this becomes changed and watery. At a later period the epithelial cells undergo degenerations and the connective or supporting tissue of the organ is greatly increased, and the gland may diminish in size. Cysts may form in the gland.

The enlargement of the gland may be symmetrical, or one lobe may be enlarged more than the other, or the isthmus or the middle lobe may be the only part which increases in size.

The heart in the advanced stage is found dilated, the muscle walls flabby and in the well advanced stage there is fatty degeneration of the muscle fibres of the heart. The arteries in different parts of the body are also found dilated and the walls thickened, and in some cases there has also been found a thickening of the walls of the veins. There have also been found some changes in the medulla oblongata. These consist chiefly of small hemorrhages in the nuclei of the ninth and tenth cranial nerves and a degeneration of the restiform body and the ascending root of the fifth nerve. These changes, however, are inconstant.

There is more or less anemia, and the body is reduced in weight as a rule, as a result of the emaciation which is present during life.

HORACE FLETCHER'S CAMPAIGN FOR DIETETIC RIGHTEOUSNESS

THERE can be no doubt that Mr. Horace Fletcher's discoveries in relation to nutrition and his lucid and persistent teaching have been the means of starting and developing the greatest reform movement in relation to dietetics and nutrition that has appeared in modern times. Mr. Fletcher's discoveries in relation to mastication have added a new chapter to the physiology of digestion and incidentally have pointed out the important fact that the excessive consumption of protein and albuminous foods, such as meat and eggs, is one of the most grievous of all dietetic sins and is responsible for a large share of the chronic maladies from which human beings suffer. Mr. Fletcher's conclusions are well borne out by the laboratory researches of Pawlow, Chittenden, and numerous other scientific investigators in this country and in Europe. They are equally well supported by the experiments and researches of Metchnikoff, Grignoff, and other eminent authorities of the Pasteur Institute, and by the extensive clinical observations of Combe, Huchard, Tissier, and other French, German, and English authorities, besides a multitude of leading American physicians.

Equally strong evidence of the correctness of Mr. Fletcher's theories is to be found in the experience of a great proportion of the human race during the last three thousand years. In these days, when multitudes of men and women are earnestly inquiring, "What shall

I do to be saved" from chronic disease and senility resulting from unnatural conditions of life? it is most gratifying that the need for proper instruction in right living may be met by one so competent as Mr. Fletcher to give sound and sensible advice. The words are full of preachers of health and healing, who are crying, "Lo here!" and "Lo there!" and their chief aim is not so much the promotion of health principles or the welfare of their fellows, as the lining of their own pockets with dollars. It is certainly most gracious and altruistic of Mr. Fletcher to be willing to give to the public welfare those years of life which men of affairs are entitled to enjoy in rest and recreation.

Mr. Fletcher's articles in the *Ladies' Home Journal* and other magazines have set multitudes of men and women thinking about health and efficiency, and it is safe to estimate that tens of thousands of people are to-day taking pains to masticate their food thoroughly instead of bolting it as the result of this teaching, and are thereby receiving enormous benefit healthwise and enjoying an immense increase in efficiency.

One of the most remarkable results of Mr. Fletcher's teaching is the fact that when a man begins to chew his food thoroughly and to give attention to the matter of nutrition, the natural instincts of the body, which are an efficient guide and regulator of the nutritive elements, come into active play and lead toward complete diet reform and general physical regeneration. Mr. Fletcher is doing greater things in health reform than any health teacher who has appeared within a century.

It may be of interest to our readers to know that Mr. Fletcher has chosen the Battle Creek Sanitarium as his western headquarters, and as he has accepted the professorship of Vital Economics in the School of Health and Physical Culture which is conducted at the Sanitarium, he will, during the coming winter, give courses of lectures here on his favorite theme, both to the students of the School, and to the patients and the public.

VITAL CO-EFFICIENTS

(Continued from page three)

In the bacteriological laboratory, search is being continually made for the infinitesimal enemies to human life to be found in the blood and the different tissues of the body as well as in the various foods and drinks used by humanity. Milk and water used in the Sanitarium are frequently brought in to this department, where they are closely scanned. The milk supply is always carefully watched, and the milk and cream are sterilized, and in addition to these precautions the laboratory is called upon to aid in guarding the health of the large family. Here also diseases are detected and positively named. The various germs that cause the various diseases are perfectly familiar to the experienced bacteriologist, and he recognizes a diphtheria, or typhoid, or tuberculous agent as easily as he would the face of an acquaintance.

The laboratories settle a great many perplexing problems beyond peradventure, and give the physician the assurance of a perfect knowledge of what he has to contend with; and other departments enable him to marshal his friendly forces and count them up, as well as to estimate his foes and to perceive the difficulties and dangers that he is likely to meet.

GOD'S GRACE

O LORD, by all Thy dealings with us, whether of joy or pain, of light or darkness, let us be brought to Thee. Let us value no treatment of Thy grace simply because it makes us happy or makes us sad, because it gives us or denies us what we want; but may all that Thou sendest us bring us to Thee, that knowing Thy perfectness, we may be sure in every disappointment that Thou art still loving us, and in every darkness that Thou art still enlightening us, and in every enforced idleness that Thou art still using us; yea, in every death that Thou art giving us life, as in His death Thou didst give life to Thy Son, our Saviour Jesus Christ. Amen.—*Philips Brooks*.

THE BATTLE CREEK SANITARIUM AND HOSPITAL TRAINING SCHOOL FOR NURSES, BATTLE CREEK, MICHIGAN

This institution offers a three years' course of instruction for women and two years for men. In addition to the usual subjects taught in hospital training schools, special attention is given to all branches of physiologic therapeutics, including hydrotherapy, radiotherapy, phototherapy, kinesitherapy, or manual Swedish movements, and massage.

Among other special advantages offered are laboratory instruction in bacteriology and chemistry, the use of the microscope, urinary analysis, practical course in cookery and dietetics, medical gymnastics, swimming, anthropometry and open air methods.

Applicants received whenever vacancies. The next class will be organized the first of April, 1910. For full information address

MRS. M. S. Foy, Supt., - Sanitarium, Battle Creek, Mich.

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DEPARTMENT**

EACH Monday evening Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. Some perfectly combined article of food must have been created which is ideal for man. Name it.

A. No, I do not think there is any single article of food that is absolutely ideal, because I think the Creator intended we should have variety in our food, that we must eat many different kinds of food, not to eat many kinds at a meal; but it is nature's plan to make a change from day to day, to eat many different kinds, because one food has certain things in it, another other things. One has a large supply of iron, for example, and another has a large amount of magnesia; another has a considerable amount of lime; another has some silica; so we must eat quite a large variety in order to get all the different things we require for complete nutrition.

Q. How can the resistance of the blood be increased?

A. A few hot and cold baths will produce more white cells. A hot bath followed by a cold bath is the most effectual thing in the world to make white cells. White cells have been known to be increased in half an hour after a hot bath followed by a cold bath.

Q. Do milk, fruit and vegetables all at one meal make a good combination?

A. Yes, if you chew well. It is a matter of chewing, and not the mixing of the foods. Still, as a rule, milk and vegetables do not agree very well together.

Q. Granting that the vigor of the heart is of supreme importance at all ages, and that it can not be maintained without vigorous exercise, and vigorous exercise tends to fatigue those who are advanced in years, what physiologic effects should encourage or warn the aged in regard to exercise?

A. This is the rule for aged persons: Take a great deal of exercise. It is not the violence of exercise, but it is the amount of it that strengthens the heart, so the aged man should take a great deal of exercise. Walking is the best exercise for him, and he should walk a great deal. Never get greatly fatigued; never get violently excited in exercise.

Q. If it is desirable to keep the pores of the skin open so they can breathe, why is olive oil, massage cream, and talcum powder rubbed in two or three times a day?

A. There is a popular error with reference to the pores of the skin. We do not sweat through the pores. There is no such thing as obstruction of the pores unless the skin is varnished. The perspiratory glands push up through the skin from underneath the epithe-

lium. The skin is completely covered. There are no holes in the skin. These openings of the perspiratory ducts are closed openings, always under cover; the perspiration comes up through the opening, and the epithelium peels off. We are scaly animals like fishes, scaly all the time. When a child has had scarlet fever, the skin will peel off sometimes almost like a glove. That process is going on all the while, only it comes off in fine particles. You can take the skin almost anywhere, and by scraping with the finger nail or knife, you can get a little scurf. The fluid is pushed out from underneath, and oiling the skin does not interfere in the slightest degree with the perspiratory process.

Q. What would you consider the best means of redeeming a man past middle age from the thrall of the cigarette habit? Has been a habitué for many years. Please outline method of treatment.

A. Lock him up where he can't get any cigarettes. That is about the only thing you can do.

Q. What causes cracking at the base of the brain?

A. The slipping of a tendon or a cartilage,—one cartilage passing over another.

News and Personals

S. F. Heath, postmaster of Lebanon, Ind., is spending a few days at the Sanitarium.

Dr. C. W. Thompson, of Mokeny, Mich., is stopping at the Sanitarium for a few days.

Rev. J. E. Stoops, of Van Wert, Ohio, is taking much-needed rest in the institution.

Rev. E. A. Braman and wife, of Newman, N. Y., are among the recent arrivals.

E. Goldenberg and wife, of Cincinnati, are spending a little time with us resting and recuperating.

Walter D. Hodges, of Meridian, Miss., is spending some time with us resting and recuperating.

Miss Pauline Durrie has gone to Grand Haven, Mich., where she will visit friends for a few weeks.

Col. Ben T. Perkins, of Elkton, Ky., an old friend and patron of the institution, is again with us recuperating.

Rev. W. S. Long of Altoona, Pa., who is recuperating at the Sanitarium, is being visited by his wife and several friends from his home city.

Rev. A. D. Gnagey, of Ashland, Ohio, is taking much-needed rest and treatment at the Sanitarium. Rev. Gnagey is pastor of the Evangelistic church and editor of Sabbath School quarterlies.

**TWO COURSES IN DOMESTIC SCIENCE**

The One-Year Course, intended especially for Matrons and Housekeepers or for those who desire it for its educational value, includes General Cookery, Invalid Cookery, Institutional Cookery and Practice Cookery, Anatomy and Physiology, Household Chemistry, Home Nursing, Household Microscopy, Household Economics and Household Architecture, Sewing, Medical Dietetics, Theory, Table Service, Physical Culture, etc.

The Two-Year or professional course, intended especially for Dietitians, Lecturers, and Demonstrators, includes all the studies of the one-year course, and in addition Advanced Chemistry, Advanced Physiology, Sanitary Science, Bacteriology, and Hygiene, and Advanced English.

ONE SPECIAL FEATURE of this school is that students are given an opportunity to meet a large part of their expenses by work along lines which aid them in their studies.

**The Battle Creek Sanitarium School
of Health and Household Economics**

**BATTLE CREEK
MICHIGAN**

E. Flushman, of Omaha, Neb., a member of the City Board of Health, has entered the institution for a course of treatment.

We are pleased to have with us again, Mr. Geo. W. Wright and wife, of Cleveland, Ohio, old friends and patients of the institution.

Among the missionaries recently arrived at the Sanitarium are the following: Dr. Maria White, of North India; Miss V. Hermans, of Tokyo, Japan; and E. C. Stark, of Burma.

Mrs. Fannie E. Dowkontt and her daughter, Marian, returned to the Sanitarium last week from Brooklyn, N. Y., where they have been stopping with Rev. Geo. H. Dowkontt, son of Dr. Dowkontt, recently deceased.

The Sanitarium W. C. T. U. will hold its next meeting in the Sanitarium parlors at three o'clock on next Sunday afternoon. The program will be under the charge of Mrs. Barnhart. A cordial invitation is extended to all to be present.

A letter from Pastor John A. Brunson, formerly of the Sanitarium, now of Ellmore, S. C., informs us that he is enjoying improved health and is actively engaged in evangelistic work, not having as yet accepted of a permanent pastorate, though several favorable opportunities are awaiting his acceptance.

Dr. Chas. C. Creagan, district secretary of the American Board of Commissioners of Foreign Missions, and a devoted friend of the Sanitarium and its work, has resigned his position in connection with that Board to accept a call to the presidency of the Fargo (N. Dak.) College. He and his wife went to their future field of work this week.

Rev. and Mrs. H. J. Strand, of Albert Lea, Minn., are spending a few weeks at the Sanitarium. Mr. Strand is pastor of the Lutheran church in that city.

Dr. Frances Carmichael, a recent graduate of the American Medical Missionary College, has gone to Edinburgh, Scotland, where she will take up post-graduate work.

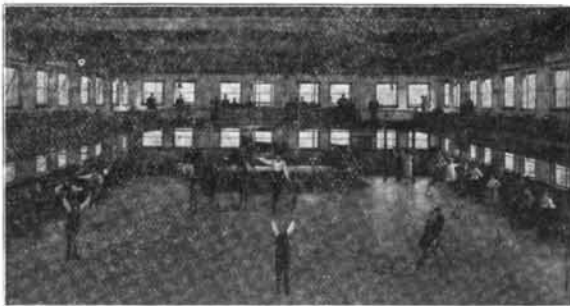
ARRIVALS

The list of arrivals at the Battle Creek Sanitarium for the week ending October 11, is as follows: Victor Killian, Neb.; Mrs. John Atkinson, Mich.; Miss Abbie P. Sage, Mich.; Mrs. J. A. Farwell, Colo.; Mrs. Mary Thomas Nelda, Colo.; Wm. L. O'Connor, Indianapolis; L. B. Alexander, Chicago; H. E. Lucas, Jr., Minn.; Mrs. Jerome Chapin, City; Mrs. E. F. Waxham and E. F. Warham, Chicago; B. J. Langwell, and sister, Ind.; Geo. B. Allen, Panama; Miss V. Hermans, Japan; Mr. and Mrs. Robert L. McClure, New York City; J. H. McEwen and wife, N. Y.; Miss Eugene Mahony, O.; J. W. Doran, O.; Mrs. A. H. J. Newbury, O.; Walter G. Hodges, Miss.; Mrs. G. D. Dowknot and daughter, New York City; Ben T. Perkins, Ky.; John Dailor, Mich.; Dr. C. W. Thompson, Mich.; J. C. Wainwright, Canada; Dr. H. W. Sayer, O.; T. J. Norton, Chicago; Mr. and Mrs. C. C. Harder, Chicago; R. J. Goddard and wife, Ill.; Miss Mary L. Ciru, Miss.; Mrs. J. W. Weber, and R. L. Weber, Ky.; Maria White, M. D., North India; Mr. and Mrs. C. P. Thurston, Chicago; Mrs. V. P. Turner, Mrs. H. G. Herget and chauffeur, Ill.; Mrs. H. P. Curtiss, Mont.; Rev. and Mrs. E. A. Braman, N. Y.; Mrs. O. A. Frengel, Master Otto Frengel, Henry F. Bols, Miss Louise N. Frengel and Oscar F. Frengel, Indianapolis;

E. C. Stark, Burma; J. H. Black and wife, Kans.; H. W. Shumway, Minn.; E. Grove, Minn.; Paul Christensen, Mich.; Emma Timmermeister, O.; Mrs. A. Heyn, O.; Mrs. Jas. A. Mitchell, Ala.; Miss Olive Mitchell, Ala.; Dr. J. A. Hurlburt, Buffalo; Mrs. G. N. Hale, Mich.; Mrs. E. J. Dukes, Ind.; Mrs. Vitchestain, Pa.; Miss Smith, Pa.; Thos. R. Elliott, Detroit; H. G. Doyle, Canada; Mrs. Geo. H. Lill, Chicago; F. Moore, Mich.; Robt. McCourt, Mich.; J. W. Shaw, Ia.; Mrs. Jas. O. Carr, Chicago; E. Flushman, Neb.; S. P. Moulding, Mich.; T. I. Altman, Mrs. Fuller Hogsett and L. P. Palmer, Pa.; E. Goldenberg and wife, Cincinnati; Rev. J. E. Stoops, Mary Romney, and Thos. K. Romney, O.; Henry Zerv, New York City; Mrs. J. B. Morrow, Chicago; W. H. Corbin, Neb.; Eliza Chapman, Mich.; S. S. Heath and wife, Ind.; Mrs. O. G. Curtis, Dr. E. D. Swift, Wm. Berger and John Cloud, Ind.; Mr. and Mrs. B. H. Spanzenberg, N. J.; Mrs. John H. Sechler, Pa.; L. H. Faulk, O.; B. Hartman, Chicago; A. D. Gnagey, Ohio; Mrs. Geo. N. Bergstrom, Ariz.; H. H. Ashenfelter, Philadelphia; R. E. Trosper, Jr., Chicago; Y. A. Holman, Ala.; Jonathan Bostow, New York; Mrs. Lee McBride, Mr. and Mrs. Geo. W. Wright, Cleveland; Dave Finkelstein, Mo.; F. E. Storm, Okla.; Margaret Auld, Ohio; Mrs. Alta Weis, Mich.; Abe Levinson, Ind.; Louise L. McIntyre, Ill.; Margaret M. Hall, Wis.; Mary G. Stewart, and Edith Stewart, Ia.; Miss Cora McCue, Canada; Oliver G. Allen, Canada; Robt. Smith, Ohio; George Lill, Ill.; R. S. Stewart, Ia.; Henry R. Harrower, M. D., Chicago; J. C. Shedd, Mich.; Mrs. A. L. Tucker, Ill.; Herman Steinberg, W. P. Madden, Mrs. S. S. McClure, and Mrs. C. Hulander, New York City; Kathryn M. Rich, Ill.; J. N. Martin, Philadelphia; A. L. Robinson, Pa.; Mr. and Mrs. H. J. Strand, Minn.

Battle Creek Sanitarium School of Physical Education

Gymnastics—German and Swedish; Dietetics; Massage; Hydrotherapy; What to do in Accidents, Emergencies and Common Maladies; Medical Gymnastics. Anatomy and Physiology; Chemical and Anatomical Laboratory work; Large Indoor and Outdoor Gymnasium and Swimming Pools.



Large Faculty of able teachers and trainers. Course one year. Tuition full year, \$85.00; Board, \$3.00 to \$3.50. A number of students may pay their way in work.

Mr. Horace Fletcher will give a course of lectures on vital economics, and Mr. John F. Stapleton, formerly of the Yale Gymnasium, a special course on theory and practice of Swedish gymnastics.

The regular school year opens October 18th and closes June 10th, 1910.

Any who are interested will be sent illustrated announcement with further details on request. Address:

The Battle Creek Sanitarium School of Physical Education
BATTLE CREEK, MICHIGAN

THE BATTLE CREEK IDEA



Vol. II No. 46

BATTLE CREEK, MICH., OCTOBER 22, 1909

Price 2 Cents

EXOPHTHALMIC GOITER A SERIOUS COMPLAINT

This Affliction Studied by Dr. Riley, of the Sanitarium. His Observations Given in a Series of Articles

(Continued from last week)

THE PATHOGENESIS

FIRST of all it is important to state at

Among the Engineers

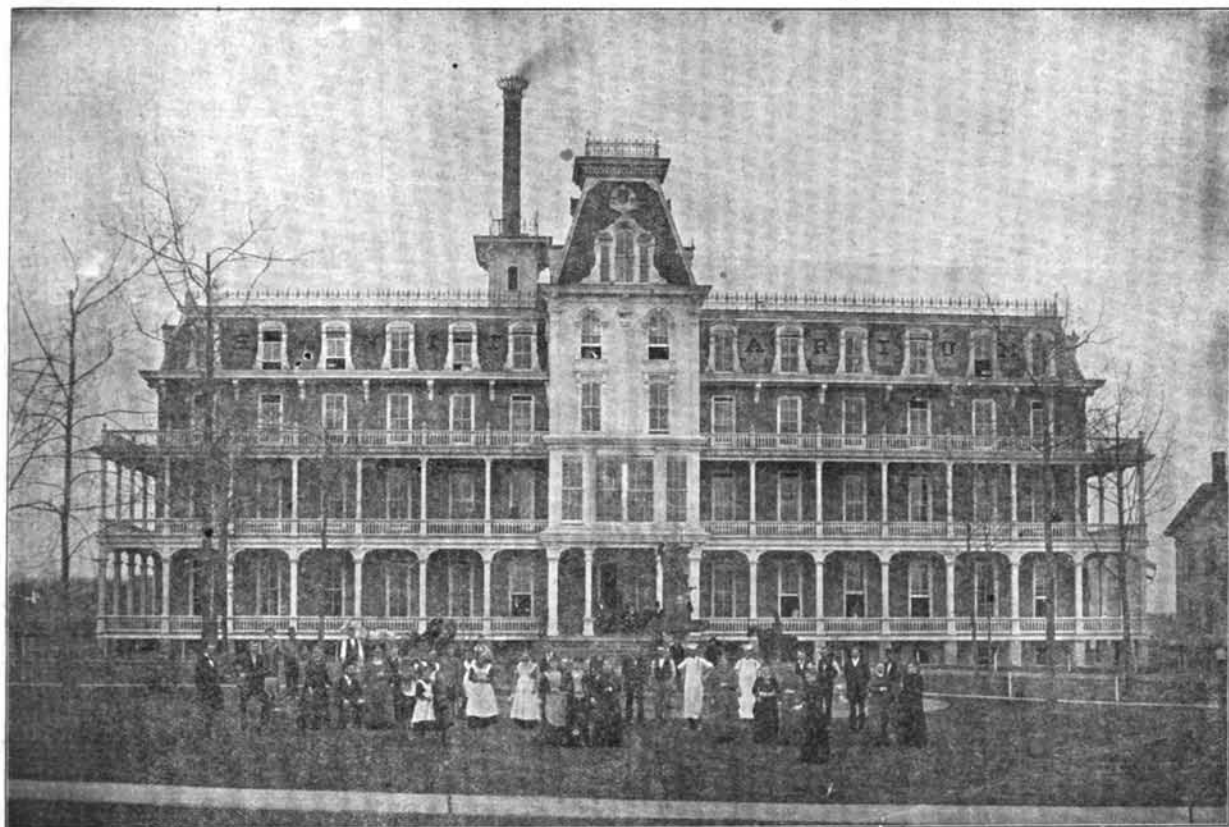
A Chat with the Sanitarium Engineers as to Heating, Lighting and Ventilating the Great Institution

Now that another winter is approaching and cool weather admonishes us of colder days and nights that are soon to come, it is of interest to know how the Battle Creek Sanitarium

VALUE OF FOODS— THE NATURAL DIET

Dr. Kellogg Lectures on Breakfast and Other Foods—Their Merits and Demerits—Man's Natural Diet

BATTLE CREEK has become famous for its "foods" and other cities are following the pace in producing many so-called "breakfast foods." Many of these preparations are con-



THE BATTLE CREEK SANITARIUM THIRTY YEARS AGO (1878)

the outset that this disease is one in which the etiology is not definitely known. By the term pathogenesis is meant the pathological changes in the body or the abnormal activity on the part of some organ of the body which is responsible for the symptoms present. There are two principal theories at the present time which are held to explain this disease.

(Continued on page five)

is cared for during the winter days and months. There are not less than twelve acres of floor-space to be heated from the central heating plant, besides the various cottages and buildings that are heated by warm air from furnaces. Not only must heat for warming the atmosphere be furnished, but hot and cold water must be sent to nearly all the rooms occupying

(Continued on page three)

ductive to health; but some of them are of a very questionable character on account of the imperfect cooking to which they are subjected, while others are mixtures of good grains with unwholesome substances. Sometimes the outer portion is very well cooked, but the inner portion is not. It requires more heat than boiling to dextrinize the starch and to render it easily digestible. It needs to be cooked at a temper-

ature of at least 300°; it is then easily and quickly digestible.

That is the reason why *zwieback* is more digestible than ordinary raised bread. I do not consider ordinary bread proper to eat when one can get anything better. It unquestionably causes a great deal of indigestion and dyspepsia. The inner portion of the loaf of bread is not well baked. It is not heated even to the boiling point, 212°. Generally it does not reach a temperature above 160°, and while this temperature is sufficient to coagulate the albumin, it is not sufficient to thoroughly cook the starch. A temperature of 160° or 180° does not cook the starch to the slightest degree. The effect of cooking the starch at this low temperature is simply to hydrate it; but when it is cooked at a temperature of 300°, then it is converted into dextrin, and dextrin is the next stage to sugar. The action of the saliva upon the starch is to convert it first into dextrin and then into sugar.

THE RAW DIET

The purpose of cooking is to do the work of digestion in part. There is no object at all in cooking food unless it be to help digestion. Why not eat potatoes raw just as they come out of the ground? There are people who recommend a raw diet, and unquestionably uncooked food is the natural food of man. It has some excellent qualities which are not to be found in cooked food. Albumin or protein is much more digestible when it is uncooked. Professor Schäffer, the great Edinburgh physiologist, says that uncooked fibrin is far more digestible than cooked fibrin. When fibrin is cooked it requires, perhaps, a half hour for it to digest; whereas, when it is not cooked, it seems to digest at once. It is a great deal better to have our food digest quickly than to have it retained a long time in the stomach, in which case the stomach is irritated by prolonged contact with the gastric juice. The gastric juice and the pepsin form a corrosive liquid gnawing away at the mucous membrane. The body has to fight for its life all the time the gastric juice is present; one would think that the stomach itself would be digested. Put a frog in the stomach, and it would be digested along with the rest. Any living thing that comes in contact with the gastric juice will be digested. So when the food is retained in the stomach, a long time, this irritating gastric juice begins to gnaw into the mucous membrane; and the result is pain and soreness in the stomach, with heartburn and other distresses that come from prolonged contact of this corrosive digestive liquid with the stomach wall. The more perfectly our food is cooked and prepared for digestion, the less time it stays in the stomach.

I made an experiment recently on a young man who had taken a breakfast of well-cooked rice. At the end of forty minutes, the stomach tube was passed and the rice had disappeared from his stomach. Boiled rice is thus very easily digestible. It digests in one hour; and there are very few things that digest in that time. Milk, which is supposed to be easily digestible, requires an hour and a half to two hours. If the stomach is out of order, it will digest rice when it will digest almost nothing else. Rice can be rendered still more digestible by cooking at a temperature of 300°, so that it is dextrinized completely. I met a lady who said she thought she had been very greatly benefited by the use of a raw diet, or "unfried food" as she called it. She said, "I am sure I was greatly helped by it, because I lost forty pounds."

She had been subsisting upon an indigestible raw bread. It was not what the bread

did but what the bread did not do, you see, that caused her to lose that forty pounds; simply because she was starved. She had been eating food that could not be digested or assimilated. If instead she had been eating lettuce or bran or raw potatoes, raw beans, or any other kind of raw undigested and indigestible food, or sawdust, it would have answered the same purpose; or if she had eaten nothing she would have lost the forty pounds. It is easy to reduce weight by ceasing to eat, or eating that which can not be assimilated.

So the cooking of food is a matter of very great importance in relation to digestion. I do not recommend any kind of mushes. Cracked wheat, oatmeal, and the like I never prescribe. I saw a man at a hotel table to whom a great big plateful of oatmeal was served, and while I looked over the bill of fare that dish of mush had disappeared. That man almost put his nose into his dish, and scooped it down; he then ordered a great big breakfast of fried ham and fried eggs, fried potatoes, and the most indigestible articles of diet, all of which he swallowed. He seemed to think that oatmeal was a sort of benediction for all the rest, and he could eat anything he liked if he only ate that oatmeal. Now the oatmeal was nearly as bad as the rest of the stuff, because it was only half cooked, simply hydrated, without being dextrinized. The purpose of cooking is to dextrinize the food so that the digestive process will be advanced. People sometimes say, "Why, if we predigest our food, our stomachs will be retired from business and get out of the habit of digesting." A man said to me some time ago, "I think my stomach needs a good grist to grind, a good hard job to do, so it will stir itself up and do something. I believe in giving the stomach a hard job." Most stomachs have had enough hard jobs, have been broken down by hard jobs, and need rest, an easier instead of a harder time.

NUTS AND FRUITS THE NATURAL DIET

In fruits we find the carbohydrates, the sugar, and fat or protein; in the nuts we have protein and fat. So by putting the fruits and nuts together, we have all the food principles and we have them in a state ready for digestion. The process of digesting starch is to convert the starch into sugar. In the fruit, it is already converted into sugar. The process of digesting fat is to emulsify it. In the nut it is already emulsified. When you chew up an almond or any kind of nut, you have cream or emulsified fat in your mouth; and when it is swallowed the stomach has nothing to do, but simply passes it into the intestine.

The protein in the raw, natural state is far more digestible, as I have said, than in the cooked state. So fruits and nuts form the most perfect human food. It is exactly adapted to our needs, and to our digestive organs.

I spoke about the soft grains in the milk state, like green corn, for example. If you have never tried an ear of raw green corn, do so at the earliest opportunity, and you will be astonished to see how much sweetness and delicacy of flavor you have passed by. When it is put into a kettle and cooked, the sugar is taken out of it, the protein is hardened, and the very best qualities disappear. When you take green corn in the milk state you have kernels filled with cream. When it is taken into the stomach there is very little starch to digest, and what there is in the form of sugar still; it has not yet been changed. It comes up in the cornstalk in the form of sugar, and is converted into starch in the grain, to store it up. When the corn is planted in the earth the process is reversed. The diastase is

stored up in that little case of wood that protects it from insects and other destructive agencies. After being planted the diastase becomes active, converts the starch into sugar, and the process of growth begins; thus the little plant is started. It is the opposite process in the growth and development of grain: the cane sugar is produced in the leaves, then it is converted into starch in the grain. In the unripened corn the starch has not been formed. The sugar is there yet, and that is why it is so sweet. Let the sweet corn get ripe, and it is not sweet; you must take it at just the right stage to get it sweet. So with sorghum. The cane must be cut down before the seed is developed. If you wait until the seed is developed, there is little sugar in the stem—the sugar has been converted into starch in the seed.

Accordingly, in this soft grain we find both the protein and the starch, the carbohydrate, in soluble form, and we find a little fat also in the state of emulsion; so we have it ready for the digestive organs to assimilate in the proper manner, and the flavors are all there in the most appreciable form. You will readily see, therefore, that the most perfect food for human beings is the uncooked food. When the grain is ripe, the starch is formed, hard and indigestible, and requires cooking to hydrate it. If it is to be brought into the form in which starch is found in the unripened grain or in ripe fruit, we must cook it at a temperature high enough to produce dextrin, that is, a temperature of 300° or more. For that reason, as I have said, *zwieback* is more digestible than bakers' bread. We should all be better off if we could banish bakers' bread from our tables. We much prefer a nice piece of warm toast to ordinary bread; it is sweeter, more easily digestible, more readily soluble in the digestive juices. So if we are going to eat any of these breakfast foods we should select those that are thoroughly cooked.

THE ORIGIN OF BATTLE CREEK HEALTH FOODS

I might say that it was these ideas I have been presenting that led me first to prepare for the use of our patients a food known as granola. This is an old-fashioned food, but one of the best foods we ever made. The grain is ground, mixed with water, made up into little cakes, and exposed to a high temperature for several hours until it is thoroughly dextrinized; then ground up into small granules called granola. This food has had a good many imitations, but none that I know of recognizes the need of dextrinizing at a temperature sufficiently high to change the starch into dextrin. We used to make great use of *zwieback* here; we had practically no raised bread at all on our tables, because we found so much indigestion arising from it. But the patients broke their teeth on the hard *zwieback*. So I set to work to find something that could be eaten by people who had no teeth; and after some years of experimentation we produced a product that we called *toasted wheat flakes*. Many different brands of flakes have been patterned after our original *toasted wheat flakes*. The aim in making these *toasted wheat flakes* was to take each little grain of wheat and first cook it thoroughly, spread it out into a thin flake, and then dextrinize it so that each grain of wheat was made into a little piece of dextrinized toast. After a while we succeeded in developing corn flakes; and many attempts have been made to imitate that. After a while we succeeded in developing methods by which rice could be treated in the same way; and we have our *toasted rice flakes* and *toasted rice flake biscuit*. The object of these is to furnish the grain in a form in which it will simulate as closely as possible the natural food of man.

so that the cereal can be taken into the body in a form as readily digestible as the carbohydrates which we find in fruits and nuts and in all natural foodstuffs. I presume rice flakes will also be imitated under some fanciful name in a little while. The simple descriptive names, which tell exactly what the foods are, belong to the Battle Creek Sanitarium where the whole idea of preparing foods in this way originated.

These dextrinized cereals can be eaten dry even by people without teeth with comfort and satisfaction. They encourage thorough mastication and insalivation, the first essential of good digestion, without proving uncomfortably hard on the teeth. Unquestionably a great number of digestive disorders are the result of hasty eating, imperfect mastication of food. Fletcherizing or thorough mastication of the food comes nearer to being a panacea for digestive disorders than any other one thing. Hardness is not essential to secure thorough mastication, but dryness more than any other quality promotes the flow of saliva and encourages thorough mastication.

Besides zwieback, breakfast toast, cereal flakes, and biscuit prepared from flakes, our list includes a variety of freshly prepared biscuit, wafers, and crackers, which are pure, dainty, and toothsome.

The substitution of these crisp, toothsome, and palatable crackers, wafers, toasts, and flakes for the ordinary indigestible bakers' bread, baking powder biscuit, lard and soda combinations presented under various alluring titles, is itself quite sufficient to work a most agreeable revolution in the condition of a dyspeptic stomach.

It is probable that no single discovery has exercised so strong an influence in modifying the dietetic habits of so large a number of people as has the production of toasted cereal flakes, of which probably fifty carloads are used daily, and the substitution of these wholesome products for the pasty, half-cooked, dyspepsia-producing mushes hitherto so largely used. This progress the world owes to the Battle Creek Diet System.

AMONG THE ENGINEERS

(Continued from page one)

these twelve acres. And every room must be so ventilated that the air supply shall be fresh and wholesome, and all these rooms must be well lighted during the long winter evenings, and numerous lights must be kept burning during the entire night. For the work of the Sanitarium never ceases.

To care for the many miles of pipes and wires, and to make necessary alterations and repairs in fixtures and apparatus keeps nearly a score of plumbers, engineers and electricians busy. An average of fifteen men are employed in these departments.

Heat and motive power for generating electricity and for several steam engines is supplied by a bank of six large tubular boilers having a total capacity of 700 horse-power. There were ten of these boilers until the introduction of a system of automatic feeders greatly increased the efficiency of the boiler power and reduced the quantity of fuel required. By this ingenious invention slack coal may be used, which is forced into the furnaces from beneath so that the fuel is crowded up from the bottom of the furnaces. By this means there is never any fresh unburned coal on the fire. Being introduced at the bottom of the furnace, the gases which usually escape with the smoke, are now consumed, resulting in almost a total

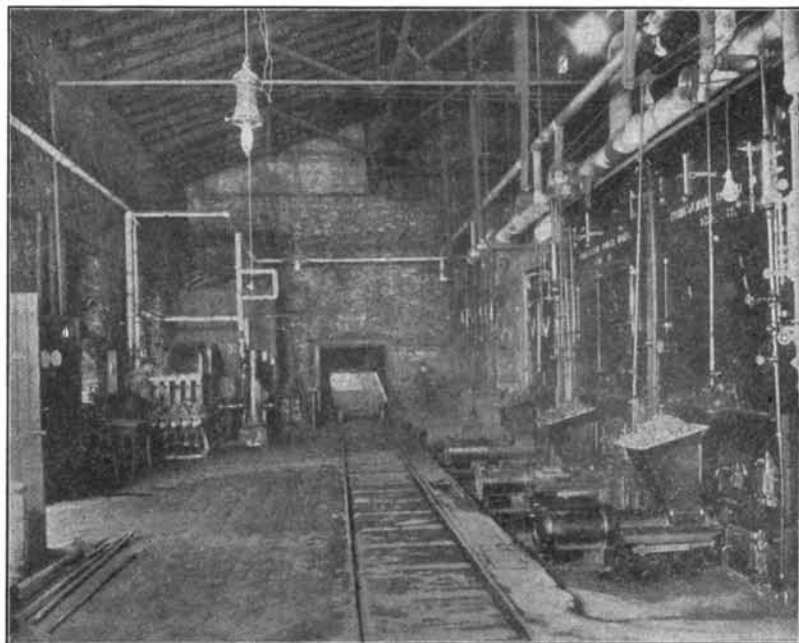
consumption of the smoke and a great saving in fuel as well as of labor. The feeding of the furnaces is controlled automatically by a device subject to regulation by the firemen.

About twenty-five tons of coal are consumed daily in ordinary winter weather and the steam is conveyed to at least seven of the largest and most important buildings of the plant, all of which are at a considerable distance from the boilers. The pipes run through tunnels where they are readily accessible and they are covered with asbestos packing which conserves the heat and delivers the steam at nearly full pressure and temperature. The condensed steam or hot water is returned to the boilers through a system of return pipes by gravitation, pumps having to be employed in but one place.

For the use of the five various treatment de-

To furnish the electricity for the thousands of lights, and for the many motors and treatments a large amount is required. About one half of this is bought and the other half is generated by three large dynamos in the power house, a view of which was given in this paper a few weeks since.

No more pains has been taken with the heating of the building than with the ventilation. In fact, the two must be taken into consideration conjointly. The constant supply of fresh air from out of doors in the depth of frosty weather means more fuel than would the heating of a building where every crack and cranny connecting with the outside world is sealed. Huge ventilating ducts are constantly discharging fresh air into the great buildings, and this must needs be warmed to the proper tempera-



THE SANITARIUM BOILER ROOM

partments and the two kitchens about 6,000 gallons of hot water are required daily. The elevators are run by hydraulic power and the water used is pumped into a strong retort under high pressure for this purpose. The water is discharged into a cistern and used over and over again. The exhaust steam from the elevator pumps and the steam engines is used for heating water.

The various buildings are warmed by steam radiators, self-regulating and thoroughly reliable.

ture of the rooms through which it is to be passed. The entire air of the Sanitarium is changed every ten minutes, so that in no place is there any stale or poisoned air to be found. The kitchen is on the roof, there is no smoking on the premises; and so, the dwellers may have the sweet privilege of constantly breathing in a pure well-tempered atmosphere day and night.

In the center of the great building is located the Palm Garden, a little patch of the tropics, in which are to be found banana plants of

(Continued on page four)

Battle Creek Sanitarium Periodicals

Three journals are published at the Battle Creek Sanitarium:

The Battle Creek Idea (Weekly).....	\$1.00 per year
Good Health (Monthly).....	1.00 " "
The Medical Missionary (Monthly).....	.50 " "

These papers will be combined at the following prices:

Battle Creek Idea and Good Health.....	1.50 " "
Battle Creek Idea and Medical Missionary	1.20 " "
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All three journals one year.....	1.75 " "

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VOL. II OCTOBER 22, 1909 No. 46

THE SANITARIUM NOT UNDER DENOMINATIONAL CONTROL

QUITE a number of the papers of the State have taken notice of a discourse lately given by one of the pastors of the Sanitarium touching the religious status of the institution, as reported in a local paper. The point concerning which especial notice has been taken was the undenominational attitude of the Sanitarium. There is reason to believe that the public generally is uninformed in regard to the standing of the institution as to denominational control and spirit. We have refrained from saying much upon this point lest it should be construed as emanating from a spiteful feeling toward churches in general and the Seventh-day Adventists in particular. The work of the Sanitarium is and always has been undenominational and unsectarian. It is so declared in the articles of association and charter. And yet, the Sanitarium professes to be a Christian institution in that its work and principles are distinctly such, and if deprived of its Christian qualities it would lose its mission to the world. It has been the aim of those having the institution in hand to carry it on in harmony with the highest standard of Christian philanthropy as a self-supporting enterprise, and at the same time representing the most approved and consistent principles of science and the healing art.

People of all denominations, or no denomination at all, are equally welcome. Up to five years ago the Sanitarium was associated closely in its operation with one denomination. Those who originated the work were of that denomination. Gradually it became more and more apparent that the genius of the Battle Creek Sanitarium was incompatible with the work of the denomination. The aim of the former was to bring to the world better conditions of living; light and knowledge for the physical man, correlating these truths with moral and spiritual reform. This work was not sectional or sectarian in any sense, it knew no sectional lines or distinctions, but was alike for all men, and for the world at large.

The aim and policy of that particular denomination was, on the contrary, sectarian and discriminating. It could approve only of those who acknowledged a certain creed or articles of faith, and its main effort was to bring people to such acknowledgment. Each pursued ardently its mission, and gradually they drew apart until the time came when actual separa-

tion became natural if not necessary.

The denomination does not try to conceal its satisfaction that separation has come, and spares no pains to make it as wide as possible. The Sanitarium is by the separation left free to pursue its work untrammelled by denominational bias or influence and is still at liberty to welcome to its privileges people of any class and all classes who are needing its ministrations and desire to obtain a knowledge of its principles.

It is without the slightest animus of unkind feeling that we allude to our entire separation from the Seventh-day Adventist denomination in the matter of denominational recognition. Their denominational leaders no longer recognize this institution as in any way related to their cause. The Sanitarium welcomes Seventh-day Adventists upon the same grounds that it receives all people. We are glad to do good to anybody who needs it and will give us a chance.

The Sanitarium is in sympathy with all the good that the various churches are doing and would gladly second them in it, but its mission to the world is wider than denominational distinctions.

THE BATTLE CREEK RESCUE MISSION

A MEETING of the Battle Creek City Rescue Mission Board was held on the evening of October 13 to elect a superintendent to fill the place made vacant by the resignation of Mr. W. S. Colegrove, who goes to San Francisco to take charge of the very large city mission work of that city. Mr. Colegrove has made many friends here, all of whom are sorry to have him go from our midst, but we are glad to know that so wide a field of usefulness is now open to him. The members of the Board were entertained at lunch early in the evening at the Sanitarium and the business was despatched subsequently. The choice of Mr. A. J. Steele, who has filled the place of assistant superintendent, to act as superintendent was hearty and unanimous. The financial situation was considered, and the year's work will be finished in good credit by the aid of a banquet to be given by the Sanitarium for this purpose. This will probably come off early in November.

Mr. Steele submitted a very encouraging report of the workings of the mission since its opening in February. He estimated that the number of conversions would fully equal the number of services held. The interest in the mission is extending, and the work is coming more and more into recognition by those who have the welfare of the community at heart.

It is proposed to hold a series of special services in December, to aid in which the services of a special evangelist and singer have been secured. Later on the annual meeting will be held, when it is hoped that the services of Mr. Mell Trotter, of Grand Rapids, will be obtained. At this time the work of the mission will be fully brought before the citizens. It will probably be held in Post Theater, or some other large and convenient place. We bespeak for this work the support and good will of all our citizens. Services are held every evening in the year. The mission is located at 12 South Jefferson Avenue.

"Good humor is like an armor. It makes us proof against a thousand foes."

AMONG THE ENGINEERS!

(Continued from page three)

gigantic growth, usually bearing a bunch of the fruit, rubber trees, mangolds, ferns, palms, tall grasses, and tropical flowers. A small fountain is playing, in the basin of which many gold fishes live; and this, too, is kept warm and fresh night and day through the entire year. Indeed, so wide and varied are the comforts and pleasures of this large place that should the outside weather be forbidding for a few days now and then, there are room enough and diversions enough, and such a mild comfortable temperature everywhere, that one could easily imagine himself in Southern California or Florida.

ONCE to every man and nation comes the moment to decide,
In the strife of Truth with Falsehood for the good or evil side;
Some great cause, God's new Messiah, offering each the bloom or blight,
Parts the goats upon the left hand, and the sheep upon the right—
And the choice goes by forever 'twixt that darkness and that light."

—James Russell Lowell.

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EXOPHTHALMIC GOITER

(Continued from page one)

The first and usually adopted theory is that exophthalmic goiter is a disease due to an excessive or hyper-secretion or perverted secretion of the thyroid gland. This excessive secretion is supposed to have a stimulating and harmful effect upon the nervous system as well as every other organ of the body. The arguments in favor of this theory are the following:

First. The thyroid gland is in most cases increased in size.

Second. When the thyroid gland is removed or a large part removed, the symptoms diminish or disappear entirely.

Third. Similar symptoms can be produced by feeding glands of the lower animals or using an extract of these glands. This occurs either in a normal individual or in a person with goiter or in a person who has myxedema, when an excessive amount of the gland is used.

Myxedema is a disease of the thyroid gland in which the gland degenerates and in which the symptoms are directly opposite to those present in exophthalmic goiter.

Fourth. In the disease known as myxedema, where the thyroid gland is absent, the symptoms are directly opposite to those present in exophthalmic goiter.

The second theory incriminates the medulla oblongata, which is the smallest part of the brain and is the part which is attached to the spinal cord. The different things which support this theory is the fact that the pathological changes above described have been found in the medulla in certain cases, but not in all, and further, in some cases there is present a paralysis of some of the cranial nerves such as the nerves of the eye or the seventh facial nerve or some other cranial nerve. This last theory is not generally accepted because it has little to support it. In addition to this, some of the older writers thought the trouble lay in the heart or in the sympathetic nervous system, but these theories are not generally held at the present time.

SYMPTOMS

This is usually a chronic, progressive disease, and the symptoms vary at different periods in the course of the disease. Acute and chronic cases are described. There are usually described four principal or cardinal symptoms which are: (1) a rapid heart action or so-called tachycardia; (2) an enlargement of the thyroid gland or the goiter; (3) the protrusion of the eyeballs or exophthalmos; and, (4) a fine tremor in the extremities or other parts of the body.

In addition to these there are other symptoms of less importance such as symptoms of neurasthenia, vasomotor and secretory symptoms, symptoms relating to the digestive tract and the muscular system and mental symptoms. We may describe these more in detail.

(1) *The rapid heart's action, or tachycardia.*

dia. This symptom is the first of the four cardinal symptoms to appear, and is present in every case. The heart beat is rapid, usually from 120 to 140 beats per minute, but may be as high as 180 or even 200 or more beats per minute. This rapid heart's action is increased by nervous and mental excitement, and by exercise. It is lessened by rest and by proper treatment. In the course of the disease the heart's action seldom gets below 90 beats per minute. In addition to the rapidity of the heart's action in some cases it may also be irregular. There may also be discovered upon examination, particularly in well advanced cases of the disease, a bulging of the chest over the heart. The chest moves with each heart beat, and the action of the heart at times may be tumultuous. The beating of the apex of the heart can be readily seen between the ribs and easily felt by the finger upon palpitation. Upon physical examination the heart in some cases, especially where the disease is well advanced, is found enlarged, dilated, and in some cases hypertrophied. The physician as he listens with his stethoscope will hear blowing sounds at the base of the heart or at the apex or at both places. This may be due to several different causes. They may be due to anemia or the changes in the blood, or to dilatation of the heart so that the valves inside of the heart do not properly coapt, or they may be due to the nervous action of the heart so-called functional murmurs, and in a few cases they are due to organic changes in the valves of the heart. The blood-pressure is usually below the normal. It may be normal or may be increased. The skin of the face and neck and sometimes other parts, and even the whole body may be suffused, congested and reddened. This is one of the diseases in which the pulse can be seen in the capillaries. The pulse is usually seen or felt only in the arteries, but in this disease it is sometimes seen in the capillaries and even in the veins. Pulsations of the liver and spleen are also described by those who have made a careful study of this disease. These pulsations are synchronous with the beating of the heart.

(2) *Enlargement of the thyroid gland or the goiter.* The thyroid gland is enlarged in most cases but not in all. It is not necessary for the gland to be enlarged in order to have exophthalmic goiter. The essential thing seems to be a hyper-secretion of the gland. The enlargement of the gland may be symmetrical, that is, all parts may be enlarged, equally, or one lobe may be enlarged more than the other, or the isthmus, which is the part between the two lobes, may be enlarged while the lobes are quite normal. When one lobe is enlarged more than the other, it is usually the right lobe. The gland to the touch is usually soft and a thrill may often be felt by placing the hand over the gland. A blowing sound may sometimes be heard by listening to the gland with the stethoscope. The gland does not become so greatly enlarged as to usually interfere with respiration or deglutition. It does not usually become as large as it is in simple goiter.

(3) *Exophthalmos.* By exophthalmos we mean a protrusion of the eyeballs. This is present in most cases, but not in all. The eyeballs may protrude equally, or one may be protruded more than the other, or one may protrude while the other is in normal position. This protrusion of the eyeball is supposed to be due to the over action of a band of muscular fibers which surround the eyeball and are attached to the anterior bony part of the orbit. When these muscular fibers contract, the eyeball is drawn forward and in this disease they are contracted and found increased in size by their over-activity. This contraction of the peculiar muscular band of fibers is supposed to be caused by irrita-

tion of the sympathetic nerve. After the eyeball has been drawn forward in this way by these fibers contracting, there is a deposit of fat back of the eyeball and also a congestion of the blood vessels back of the eyeball. The eyeball may protrude to such an extent as to in some cases leave its socket and so that the muscles which are attached to the eyeball can be readily seen. When the patient looks downward as one does while reading a book or looking at the ground, the upper lid does not follow the eyeball downward. This is known as Von Graefe's symptom. Also the palpebral fissure at either side of the eyeball is greatly increased. This is known as Stelwag's sign. Both of these symptoms are supposed to be due to the rigidity and the contraction of the eye lids. There is also very little winking in this disease.

(4) *Tremor.* The tremor is not regarded by some authorities as being as important as the other three cardinal symptoms, but it is usually present in all cases. It consists of a fine rhythmical tremor affecting principally the hands. It may also affect the feet, the head, or the entire body. It is usually constantly present while the patient is at rest or active, and is increased by mental excitement and by physical exertion. It is usually present during the course of the disease or until such time as the patient has made sufficient improvement to be relieved of this symptom.

In addition to the above four cardinal symptoms there are other minor symptoms, particularly in the digestive tract, which should be described. There is more or less disturbance of digestion. The appetite is poor or capricious. Very frequently there are severe attacks of vomiting, and a very important and sometimes troublesome symptom is severe attacks of watery diarrhea. These are more apt to occur in cases where the disease is well advanced.

The cardio-vascular symptoms we have already described under the head of tachycardia.

Muscular Symptoms. In addition to the fine tremor above mentioned there is also a severe form of muscular weakness. This affects the muscles of the leg principally, and may affect any and all muscles of the body. Patients can walk but a short distance at a time and are obliged to sit down. Sometimes they are so weak that their legs bend beneath them and allow the body to drop to the floor or ground. The knee jerk is usually increased. It may be normal and in some cases reported it has been absent. There is usually pigmentation or discoloration of the skin so that this disease is sometimes taken for the disease known as Addison's disease, where the skin is discolored or there may be present a peculiar discoloration known as vertigo where there are brown and white spots scattered over the skin, giving it a mottled appearance.

One important symptom relating to the skin is the excessive sweating. The skin is frequently bathed with a sweat which perhaps is another evidence that the disease is due to a toxemia, and the sweating is an effort on the part of nature to get rid of the toxemia.

A very interesting symptom which I think was first described by Charcot of Paris some years ago, is the lessened electrical resistance of the body. Where an electrical current passes through the normal body it offers a resistance of about 3000 ohms, an ohm being a unit of electrical resistance. In this disease, the electrical resistance is reduced to 800 or 1500 ohms. This lessened electrical resistance is thought to be caused by the excessive sweating and the increased vascularity of the skin. However, in other diseases where there is much sweating there is not this change in electrical resistance.

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Sensations. With the exception of an excessive unpleasant sensation of heat the sensations of the body in this disease are not very much disturbed. There also may be some numbness and prickling in the hands and the extremities, but there is never a loss of sensation to touch, pain or temperature.

The Blood. Usually in this disease there is a simple anemia. The elements of the blood are reduced in number, the hemoglobin is also reduced and an interesting fact in connection with this disease is that the lymphocytes or those white cells which are produced by the lymph glands of the body are increased in number usually up to thirty per cent of the total white cells, but may be as high as sixty or seventy of the total white per cent. There is usually a general emaciation of the body. The weight is below normal.

Insomnia may also be present as a troublesome symptom.

Mental symptoms sometimes occur in this disease, most often in the latter stages. They consist of mental depression, delirium, mania, melancholia and in a few cases dementia may be present. In nearly all cases and even in the earlier stages of the disease there is more or less mental depression, mental restlessness, nervousness, discontent.

DIAGNOSIS

To diagnose a disease is to distinguish it from all other diseases. The diagnosis of this disease is usually easy when two or more of the four cardinal symptoms are present. In the absence of the enlarged thyroid gland or the exophthalmos the diagnosis is not so easy. As stated above, tachycardia is an early and constant symptom and is present in every case. The important element in this tachycardia is that it is constantly present. In other nervous disorders we have rapid heart's action, but it usually is not constant; here the rapid heart's action with the tremor, general nervousness, restlessness and mental depression or other mental symptoms are sufficient to make a diagnosis of this disease. These last mentioned symptoms will also distinguish it from neurasthenia and hysteria, diseases from which it should be carefully diagnosed.

PROGNOSIS

The prognosis is to foretell the outcome of a disease. The prognosis in this disease is variable. Quite a large number of cases get well. There are some cases which do not recover. The prognosis in any given case will depend upon the length of time the disease has continued and the severity of the symptoms. In a case of long standing with a dilated heart and other bad symptoms relating to the circulatory system exophthalmos or an enlarged thyroid gland well marked, the prognosis would be rather unfavorable for cure, and might be unfavorable as to life. The prognosis will depend to a large extent upon the length of time the disease has continued and upon the severity of the symptoms that are present when the physician makes the examination.

(To be continued)

THE most important safeguard is to teach children always to breathe through the nostrils, —sleeping or waking, walking or running. Explain the necessity of the habit in terms they can understand, and make them remember and practice it. Have them walk rapidly with lips tightly closed. Increase the distance and speed daily. When a boy or girl can walk fast or run 300 yards, breathing only through the nose, and repeat the performance three times a day, there need be small fear of chronic nasal catarrh.—Es.

QUESTION BOX DEPARTMENT

EACH Monday evening Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. How important do you regard sleep in the treatment of neurasthenia, and how much a day should a patient sleep? Do you consider the daily nap in the middle of the day essential?

A. Some sleep is absolutely essential. A neurasthenic can not get well unless he sleeps well; eight to ten hours out of the twenty-four. The midday nap is a very excellent thing indeed. This is a capital means of recruiting the energies. A child grows only while it sleeps. It is said that plants grow most rapidly during the night. The sick man gets well by growing a new body in place of the old. He has to grow the old out and grow the new in.

Q. In view of the astounding advances made in surgery at the Rockefeller Institute for Medical Research in New York, do you think it is possible for a diseased stomach to be removed and another one inserted in its place, to take root and perform the normal functions. Have these operations been attempted?

A. I do not think the stomach or the colon will ever be replaced. In fact, so far as the colon is concerned, it would not be worth while, because if you ever get rid of your colon, by all means do not get another. The colon is an organ we can dispense with. Metchnikoff says the reason why we are so short-lived is because our colons are so long. "We have begun already by cutting off the appendix," he says, "and if we go a little further, we may amputate the colon." The stomach is not as necessary as it seems to be. It is a sort of ante-

chamber where the food is disinfected and prepared for use further down; but we can really get along very well without the stomach.

If one chews his food very thoroughly, as Mr. Fletcher wants to have us do, there is not much left for the stomach to do; the stomach can pass the food along very quickly into the intestine, and has really almost nothing at all to do. A patient came here a few weeks ago, and on examination we found a tumor which had almost closed the lower opening of his stomach. The little opening left was scarcely as large as a knitting needle. So it was necessary to remove a large portion of the stomach. A new connection was made with the intestine, and a new opening made. A few days afterward I called at the patient's room to see how he was getting along, and found him sitting up in a chair. I called to see him later and found him with a good appetite, eating his meals, and happy as possible. The stomach is not essential, but now the man will have to take great care with his chewing—that he does not leave something to be done to the food which nothing but the stomach can do. For instance, if a man swallows a lump of beefsteak, and if that beefsteak is not digested in the stomach, it is not going to be digested at all. That is why some people can not eat beefsteak without getting a bilious attack. Now if a person has his stomach removed he must eat food that can be digested in the intestines, that does not require any stomach work; and how much better it would be if everybody would say, "Now, I want to give my stomach just as easy a job as possible, because I want to keep it going as long as I can, and I will not give it any more to do than it needs to do." One enjoys food, and enjoys life quite as much when he accustoms himself to a simple dietary, to foods that require very little digestive work, as when he indulges in the so-called good things of the table.

If we can not boast that the sun never sets on the American flag, we can boast that the sun never sets on American philanthropy.—W. J. Bryan.

THE BATTLE CREEK SANITARIUM AND HOSPITAL TRAINING SCHOOL FOR NURSES, BATTLE CREEK, MICHIGAN

This institution offers a three years' course of instruction for women and two years for men. In addition to the usual subjects taught in hospital training schools, special attention is given to all branches of physiologic therapeutics, including hydrotherapy, radiotherapy, phototherapy, kinesotherapy, or manual Swedish movements, and massage.

Among other special advantages offered are laboratory instruction in bacteriology and chemistry, the use of the microscope, urinary analysis, practical course in cookery and dietetics, medical gymnastics, swimming, anthropometry and open air methods.

Applicants received whenever vacancies. The next class will be organized the first of April, 1910. For full information address

Mrs. M. S. Foy, Supt.,

Sanitarium, Battle Creek, Mich.

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ARRIVALS

FOLLOWING is the list of arrivals at the Battle Creek Sanitarium for the week ending October 18: C. H. Moser, N. Y.; A. Shoop, Mich.; G. L. Jewell and wife, Mich.; Mrs. Chas. A. Andrus, Mich.; Bessie B. Ely, Mich.; Dorothy Binder, Ill.; Paul R. Lill, Chicago; Lula Wilson, Ind.; Mrs. Bela Jenks and Hazel Jenks, Mich.; J. J. Burrow, Tenn.; Mr. and Mrs. Willard Coupass, Ohio; Mrs. Jas. Van Buren, Kansas City; Mrs. H. D. Dwight, Syracuse; H. R. King and wife, Seattle; Isa M. Eberly, Ohio; J. W. Taylor, Texas; Mrs. Yatzy and niece, Mich.; Chas. Hoffner, Syracuse; Robt. N. Meade Pittsburg; Bert Moses, New York City; O. G. Forrer, Ill.; N. E. Evans, Chicago; T. F. Nelson, Des Moines; E. T. Barden, Texas; J. B. Marrow, Chicago; Frederick Campbell, Brooklyn; Phillip Lindenberg and wife, Ohio; Miss Hastings, Detroit; Mrs. St. Bernard, Detroit; W. F. Lockhart, Ohio; C. D. Warner, Mich.; Jess Stoddard, Los Angeles; Jay W. Spear, Mich.; Walter E. Neal, Ind.; Kate W. McBurney, M. D., and Jean G. McBurney, M. D., South China; Mrs. J. H. McBurney, Pa.; Frank H. Potter, City; F. E. Marriott, Pa.; Mrs. A. B. Holbert, Ia.; Mrs. J. A. Dittmer, Ia.; Miss Gertrude Thomas, Ia.; W. J. Button, Chicago; Jae Nanville, Mich.; Walter G. Hodges, Miss.; Mr. and Mrs. Jno. Van Dyke, Chicago; C. B. Potter, Buffalo; H. H. Shrien, Mich.; Mrs. P. H. Hayes, Chicago; Dr. J. J. Miller, Ontario; W. H. Heckman, Philadelphia; B. G. Drakenfield, and Mrs. B. G. Drakenfield, New York City; Chas. Anderson, Ill.; Mrs. F. T. O'Hair, Ill.; Corrinthia Turkham, Ill.; F. L. Hardy, Ind.; Howard L. Simpson, Ia.; Mrs. D. D. Comstock, Ill.; Mrs. C. C. Murphy, Chicago; Mrs. J. W. Fillett, Ind.; E. H. Lamberton, Pa.; Hannah M. Cramer and Frieda L. Cramer, Cincinnati; Mrs. C. F. Whitney, Kansas City; Miss Margaret Zillers, Neb.; Henry W. Ruoff, Buffalo; Jeanette Barnes, Ind.; C. W. Pidecock, and wife, Ga.; Mrs. James H. Campbell, Grand Rapids; Mrs. N. J. Berston, Mich.; Mr. and Mrs. P. S. McClurg, Mich.; Miss Ruth Brown, Ind.; O. B. Potter, Buffalo; Mrs. J. G. Abbott, Chicago; Miss E. Kathryn Biehn, S. Dak.; Mrs. Jerusha W. Tanner, Ohio; A. K. Brewster and granddaughter, Ohio; J. C. Shedd, Mich.; Mrs. C. F. Muty, Kansas City; Mr. and Mrs. Albert Rice, Ill.; F. Howard, Cleveland; Alice Peters, China; A. M. Dukes, Ind.; L. J. Mouks, Ind.; Miss Henrietta Peter and Mrs. J. H. Peter, Tenn.; Miss Clara Cohn, Chicago; Mrs. Ella D. Painter, Brooklyn; Rev. Wm. Rennie and wife, Mich.; B. W. Stockwell, St. Louis; Mrs. H. Dexter, Kansas City; Mrs. Chas. A. Andrus, Mich.; A. E. Kenaston, Mich.; John Van Dyke, and Rev. James Rowe, Chicago; L. W. Robinson and wife, City; D. V. Gasson and Virginia Gasson, Ohio; Mrs. E. P. Jones, Ohio; Francis H. Dexter, Mrs. Dexter and child, Porto Rico; Mrs. Chas. Anderson, Ill.; J. L. Lincoln and C. K. Miller, Chicago; Mrs. Jno. N. Todd, N. Y.; Dr. Marx, Chicago.

Go, make thy garden fair as thou canst,
Thou workest never alone;
Perchance he whose plot is next to thine
Will see it, and mend his own.

—Robert Collyer.

News and Personals

O. G. Farrar, of Bellvidere, Ill., a government officer, is stopping at the Sanitarium.

Rev. Robt. Meade, of Pittsburg, Pa., a city missionary of the Episcopal church, is registered among our guests.

Mr. C. W. Pitcock, of Moultrie, Ga., a prominent railroad man of the South, is taking rest and treatment at the Sanitarium.

Among the recent arrivals we notice the name of Hon. Jesse Stoddard, vice-president of the First National Bank of Los Angeles, Calif.

Rev. Jas. Rowe, D. D., a prominent Methodist pastor of Chicago, was a guest at the Sanitarium while conducting special services in the First Methodist church of this city over last Sunday.

Rev. W. S. Long, of Altoona, Pa., who is stopping at the Sanitarium for a short period of rest, is receiving a visit from his wife, who is accompanied by Mr. and Mrs. Shaw, of the same city.

The Sanitarium managers are arranging for a course of popular lectures to be given in the Sanitarium during the coming winter. A committee has been appointed, and announcements will, no doubt, be made soon.

Rev. Aug. L. Gehrae, pastor of St. John's church of Detroit, has been a patient at the Sanitarium for the last three or four weeks. He now returns to his home and work much benefited in health and strength. During his stay Mr. Gehrae formed a large circle of admiring friends.

Among the prominent personages who have recently arrived at the Sanitarium and are stopping here, we notice the following: Mr. J. H. Black, a merchant of Wichita, Kans.; Att'y E. H. Lambert, of Erie, Pa.; J. W. Taylor, of Ft. Worth, Texas; H. R. King, a merchant of Seattle; J. J. Burrow, a noted horseman of Tennessee; Att'y H. F. Dexter, of San Juan, Porto Rico; T. E. Marriott, of Montrose, Pa.

The work of putting in a cement tunnel four feet wide and six feet in height between the Main building and the College building, has been in progress for the last few weeks and is now drawing to completion. A smaller tunnel is being put in between the College building and South Hall. These passages are intended to carry steam and water pipes and electric wires, so that the heating of all the buildings may be done from the central point.

The Sanitarium Sabbath School re-elected the incumbent officers at its last meeting for another three months, it being necessary only to elect a new secretary in the place of Mr. Stauffacher who soon goes to Chicago with his



TWO COURSES IN DOMESTIC SCIENCE

The One-Year Course, intended especially for Matrons and Housekeepers or for those who desire it for its educational value, includes General Cookery, Invalid Cookery, Institutional Cookery and Practice Cookery, Anatomy and Physiology, Household Chemistry, Home Nursing, Household Microscopy, Household Economics and Household Architecture, Sewing, Medical Dietetics, Theory, Table Service, Physical Culture, etc.

The Two-Year or professional course, intended especially for Dietitians, Lecturers, and Demonstrators, includes all the studies of the one-year course, and in addition Advanced Chemistry, Advanced Physiology, Sanitary Science, Bacteriology, and Hygiene, and Advanced English.

ONE SPECIAL FEATURE of this school is that students are given an opportunity to meet a large part of their expenses by work along lines which aid them in their studies.

**The Battle Creek Sanitarium School
of Health and Household Economics**

**BATTLE CREEK
MICHIGAN**

medical class. Mr. W. C. Kellogg was appointed to this place, to be assisted by Miss Elizabeth Neal. Two new classes have been recently formed in the Sabbath School under the leadership of Doctor Staines and Doctor Martin respectively. The work of the Sabbath School is very encouraging, the attendance being on the increase.

A Helpers' social was held in the gymnasium on the evening of the 14th inst. which was largely attended. The hall was tastefully decorated; chairs were arranged in groups around twelve tables at each of which a host presided. An attractive program of music was given. Dr. J. H. Kellogg and Miss Ella Thompson were the principal speakers of the occasion. The object presented to the meeting was the organization of a literary society for the mutual improvement of the Sanitarium helpers' family, and a good degree of enthusiasm was manifested in the undertaking.

Mr. A. K. Brewster, a large coal operator of Akron, Ohio, with his family, arrived at the Sanitarium last week, and they are now among our guests. They were visited over Sunday by Mr. J. L. Lincoln, of Chicago, whose visit recalls the circumstance that early in the winter of 1906 and 1907 Mr. Lincoln, with two other men, was lost for several days in the woods of Northern Michigan. They were nearly famished when rescued. Mr. Lincoln came to the Sanitarium for recuperation in a very wretched condition. He made a good recovery and since has been a warm friend and almirer of the institution.

On the 15th inst. the Sanitarium missionary museum in the fifth floor parlor was opened, the occasion being celebrated by a dinner to

which the visiting missionaries and medical students were invited. Over eighty guests sat down to a well-spread dinner in the south dining-room. Brief after-dinner speeches were made by Dr. Levi B. Salmans, of Mexico, and Dr. J. H. Kellogg, after which the museum was thrown open and inspected by the company, all of whom expressed agreeable surprise at the magnitude and the attractiveness of the display. The walls of the room as well as numerous glass cases are filled with an attractive and beautiful arrangement of curios representing various parts of the world, many of which have been donated by visiting missionaries. Dr. and Mrs. Kellogg have also contributed largely to the collection. The display has been tastefully arranged under the direction of the matron, Miss A. J. Aldrich, assisted by the Misses Hoenes and Shurick, to whom much credit is due. The museum will now be open each afternoon for the inspection of visitors.

THE SEAT OF CHRONIC MALADIES

THE studies of Combe, Escherich, Tissier, Metchnikoff and others, within the last dozen years particularly, have left no room for doubt that the bacteria of the intestine are responsible for a great share of the chronic maladies from which human beings suffer. Metchnikoff, indeed, has shown that these intestinal bacteria are without doubt an active cause in producing the changes which have heretofore been attributed to old age; that they are, in fact, the germs of old age; that senility, decrepitude, the withering of the body and the failure of the vital powers, is in fact nothing more than the collapse of the organism as the result of the cumulative effect of virulent poisons, generated in the colon by germs absorbed and

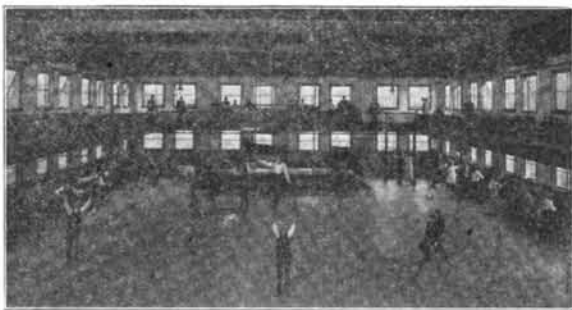
circulated by the blood, and producing slowly, surely, progressive degenerative changes in every fiber and tissue of the body.

The study of the bacteria of the intestine becomes thus one of the most important questions with which physiologists, sanitarians and hygienists can deal. Combe, Metchnikoff and others have shown that the number of bacteria, as well as the kinds of bacteria and their virulence, depends upon the kind of food eaten more than upon any other factor. It is well enough known that certain food substances readily undergo putrefaction outside of the body, while others either will not putrefy at all, or decay with great difficulty. For example, a dead cat or a beefsteak, a fish, or a pint of oysters decay so rapidly in a warm, moist atmosphere as to become exceedingly offensive in a few hours, whereas a loaf of bread, an apple, a potato, a handful of almonds or chestnuts may under similar conditions be kept sweet and wholesome for a long time, even indefinitely. The same condition exists in the body. Foodstuffs which readily undergo decay within the body, outside the body undergo decay still more readily. Of course, this applies only to portions which reach the lower part of the intestine without undergoing digestion and absorption.

Conditions in the colon are in the highest degree favorable for producing decomposition. Multitudes of putrefactive organisms are present. The body maintains the necessary degree of warmth and moisture; hence decay progresses with very great rapidity. A piece of beefsteak placed upon the surface of the body becomes putrescent within a few hours. The same beefsteak in the colon undergoes decomposition, becoming highly foul and loathsome even more rapidly than when applied to the outside of the body.—*Good Health.*

Battle Creek Sanitarium School of Physical Education

Gymnastics—German and Swedish; Dietetics; Massage; Hydrotherapy; What to do in Accidents, Emergencies and Common Maladies; Medical Gymnastics. Anatomy and Physiology; Chemical and Anatomical Laboratory work; Large Indoor and Outdoor Gymnasium and Swimming Pools.



Large Faculty of able teachers and trainers. Course one year. Tuition full year, \$85.00; Board, \$3.00 to \$3.50. A number of students may pay their way in work.

Mr. Horace Fletcher will give a course of lectures on vital economics, and Mr. John F. Stapleton, formerly of the Yale Gymnasium, a special course on theory and practice of Swedish gymnastics.

The regular school year opens October 18th and closes June 10th, 1910.

Any who are interested will be sent illustrated announcement with further details on request. Address:

The Battle Creek Sanitarium School of Physical Education
BATTLE CREEK, - - - MICHIGAN

THE BATTLE CREEK IDEA



Vol. II No. 47

BATTLE CREEK, MICH., OCTOBER 29, 1909

Price 2 Cents

EXOPHTHALMIC GOITER A SERIOUS COMPLAINT

This Affliction Studied by Dr. Riley, of
the Sanitarium. His Observations
Given in a Series of Articles

(Concluded)

COURSE AND PROGRESS OF THE DISEASE

EXOPHTHALMIC GOITER is a disease which be-
gins insidiously, usually develops gradually and

The Sanitarium as an Educator

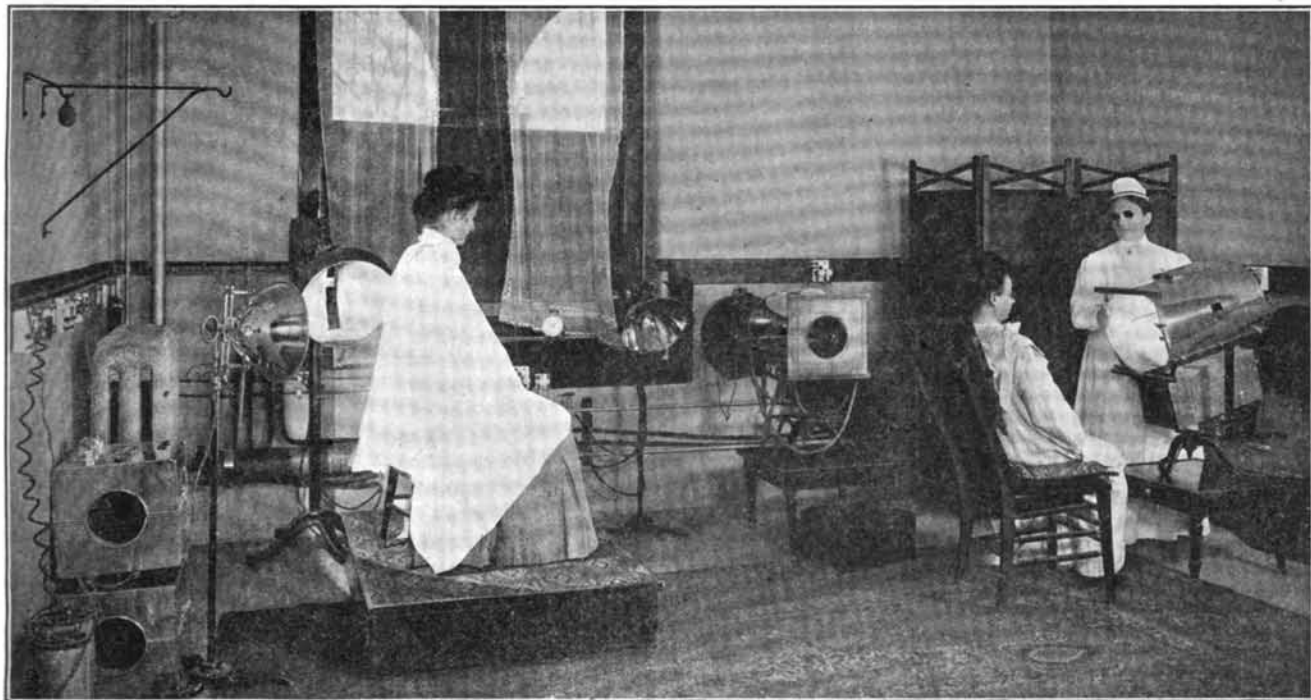
The Greatest Work of the Battle Creek
Sanitarium is to Teach the Princi-
ples of Right Living

THAT which people experience in recovery
while in the Sanitarium does not constitute the
advantages afforded by this institution; it is
chiefly rather that which they acquire here in

HOW WE DIGEST THE FIVE FOOD SUBSTANCES

A Lecture in the Sanitarium Parlor, Sep-
tember 9, 1909, by J. H.
Kellogg, M. D.

MANY people, most, perhaps, are very well ac-
quainted with indigestion and how it oper-
ates, but they know very little concerning nor-
mal digestion. I purpose to talk to you in a



PHYTOTHERAPY, OR LIGHT-CURE DEPARTMENT

runs a chronic course,—a course extending over
months or years in different cases. A few
cases begin abruptly, may run a short course,
terminate favorably, or in a few instances these
so-called acute cases have terminated fatally
in a short time. The majority of cases ex-
tend over several months' duration. Some cases
may last for years or even to the end of life.
The course and progress of the disease will de-
pend upon different conditions, particularly up-
on the personal coefficient of vital strength and
endurance of the individual who may be af-
flicted with this disease. It will also depend,
to a certain extent, upon environment and

(Continued on page five)

knowledge, and which they carry away with
them to put into practice at their homes that
constitutes in many cases their most valuable
gain. The efforts of the Sanitarium in behalf
of its patrons is not simply to check distress-
ing symptoms that are troubling sick people.
The obtunding of the symptoms is not, pro-
perly speaking, a cure of the disease. A leak in
a boiler may be checked for a time by putting
some potatoes in the boiler and this has often
been done to the loss of shops and lives. Po-
tatoes do not remedy the defects in steam boil-
ers, though they may allay the dangerous sym-
ptoms for a time. There is a similar policy in

(Continued on page three)

simple way about digestion, hoping that you
will obtain at least a general idea of how this
marvelous process of converting foodstuffs into
human beings is carried on.

An eminent biologist defines an animal as a
stomach with various organs appended. Man
is an animal with a stomach to feed, and he de-
votes much of his time to providing for that
stomach. Hunger represents one of our most
pressing needs. But it is not what we eat that
benefits us; it is what we digest. That is why
Mr. Fletcher's emphasis upon chewing is a
matter of such great importance—it improves
the efficiency of the digestive apparatus; it
makes a given amount of food go much further;

it enables us to extract all the nutriment from the food we eat.

Digestion is really a transfiguration. The change from an inert and inanimate potato or loaf of bread to a live, active, thinking human being is a miracle. The food we eat to-day is walking around and talking tomorrow. If the food is taken in the form of pickles or Saratoga chips, more likely than not they will do and say things that ought not to be said. It is quite evident, then, that a little study of the requirements of good digestion will amply repay us.

There are five digestible food elements—starch, albumin, fats, sugar, and salts. The average ration requires about sixteen ounces of starch a day. We need about an ounce and a quarter to an ounce and a half of albumin. Of fats, we need about three to five ounces a day. We can get along without sugar altogether, because the starch is converted into sugar in the process of digestion; so sugar is a luxury we can dispense with, though the average American eats about three-quarters of a pound of sugar every day. And lastly, we need a supply of salts to help form bone and other tissues.

Curiously enough, we have five main departments in the digestive apparatus to match the five food elements. There is the mouth, the stomach, the liver, the pancreas, and the intestines. And finally there are five digestive fluids, produced respectively in these five parts of the digestive apparatus. These fluids are the saliva, the gastric juice, the bile, the pancreatic juice, and the intestinal juice. This simple enumeration puts us already in possession of the chief facts concerning our digestive system.

Let us see how the five food elements are digested. The starch is digested by the saliva, which converts the starch into sugar. A pound of sugar is the daily ration for the average man. But if it be taken in the form of cane sugar, it interferes with the processes of nature and we get into trouble; for the cane sugar sours, creates a great amount of acid, and produces considerable mischief in the stomach. But if we take this sugar in the form of starch, it passes safely through the stomach and down through the intestine.

The next digestive fluid is gastric juice, which digests albumin or protein. The third digestive agent is bile, and the third food principle is fat. Fat is digested by the bile. The bile converts the fat into an emulsion or soap, and the soap is absorbed. The fat can not be absorbed, so the bile converts the fat into an emulsion, which is easily absorbed, and converted into blood. It finally takes on again the form of fat, and is deposited throughout the body wherever it is needed to keep us warm or to make us handsome in appearance, rounding out the deficient places and making cushions for the eyes and other organs.

A little further down the line is the digestive fluid called the pancreatic juice, made in the pancreas. It reviews the whole process of digestion. It takes what is left of the starch and digests it, converting it into sugar better than the saliva does. It can even digest a little raw starch, while the saliva can digest nothing but cooked starch. The pancreatic juice also digests albumin, and does it better than the gastric juice does, for there are some kinds of albumin which the gastric can not digest, while the pancreatic juice digests every variety of albumin. And finally, the pancreatic juice digests fat far better than does the bile. It is the best soap-maker in the body. The bile makes more soap after a fashion, but there is nothing that makes such fine soap as the pancreatic juice. This fine toilet soap,

as you might call it, intended for internal purposes, is really quite as necessary as soap for external purposes. And thus the pancreatic juice digests three elements—starch, albumin, and fats.

But how about cane sugar? Neither the saliva, nor the gastric juice, nor the bile can do anything with it, and the pancreatic juice has no effect upon it. There is the intestinal juice which does a little of everything and does nothing very well. But it does convert cane sugar into fruit sugar. Cane sugar must be converted into fruit sugar before it can be used, and fruit sugar is ready for immediate assimilation. When you eat a sweet apple, for example, the sugar is ready to go right into the body and be assimilated. That is why one feels so much refreshed after taking fruit juice. The intestinal juice of some individuals is so feeble that it does not contain the elements necessary for the digestion of cane sugar, which explains why trouble is often caused by the eating of cane sugar.

There is still one more food element—the salts. All wholesome foods contain salts. Some of these salts are soluble in alkaline fluids, like the saliva, the pancreatic juice, and the bile, and are digested by these elements. Others are soluble only in acid fluids, and are, therefore, digested by the gastric juice.

The way in which this remarkable digestive machinery operates is most fascinating. Suppose we follow a mouthful of food. The food is seized at the back of the throat by the contracting muscles there and it is pulled and pushed all the way down into the stomach. There it is seized, rolled round in the cardiac stomach and finally passed on to the pyloric division. The cow has four stomachs, but man has two. They are joined together so closely that they look like one, and it is only in recent years that it has been discovered that there are really two stomachs, and that the right end of the stomach, the pyloric end, has an entirely different function from the cardiac end. The cardiac portion dissolves the food so far as it can be dissolved. The gastric juice is poured out upon and mixed with it as it is rolled about and squeezed very much as the housewife kneads bread, until it is reduced to liquid form and passed on to the pyloric stomach. When this stomach has done its work a little muscle contracts and shuts the cardiac part off; then the pyloric stomach contracts and squeezes the contents out as one would force the liquid out of a bulb, and it runs out through the pyloric sphincter. When the liquid food is out, the pylorus or gate closes and the stomach is ready to be filled again.

The stomach of the man who eats meat produces powerful gastric juice, and thus the stomach becomes excited and irritated by meat and by mustard, pepper, peppercorn, and all such fiery condiments that burn and sting. If a man forgets to chew his food, the food remains in the stomach too long, and the stomach becomes over-excited. Sometimes a person eats too much, and the mass of half-chewed food is retained in the stomach so long that the stomach is sorely irritated. The pylorus contracts and refuses to open; the stomach is determined to be rid of its load; it turns sick and revolts. The muscles at each end contract with all their power, but the stomach insists upon being rid of its incubus; it contracts more and more vigorously until finally the food is forced up through the mouth, as it must go somewhere. That is why you have acid rising from the stomach, that is why you have heartburn—because of this regurgitation coming from the too tight closure of the py-

lorus under the excessive stimulus of hyper-acidity.

In its normal shape the stomach does not lie crosswise as you see it in the old pictures—it is really vertical. When it is empty, it is contracted; it gradually dilates as it is filled from the top. If the stomach is dilated and relaxed, it fills from the bottom. The healthy stomach is a live thing; it is not a relaxed, open, empty pouch, but closely contracted when it is not occupied with food. When you hear the food splashing about in the stomach, it may indicate an overloaded or a prolapsed stomach. Such phenomena are not normal, because the stomach should contract upon the food, grasping and holding it, and manipulating it as bread is kneaded.

Following the stomach in the work of digestion, is the liver, the gall-bladder, the pancreas, and the spleen. Of these we can not speak fully now. The duodenum, an enlargement of the intestines, is at the beginning of the small intestine. Into this the above organs empty their products to become mingled with the food.

The liver is the largest gland in the body, and a most wonderful gland it is. It has more influence than any other organ in the body except the brain. The liver not only makes bile and helps to digest food, but it strains the blood, takes out the defective blood-corpuscles, and makes bile out of them with which to digest the food. It is like a leech-barrel, taking the potash out of the dead blood-corpuscles and converting that potash into bile. Thus, joining the potash and the soda and salts to the fat, the remnants or waste material of the body are utilized to make a very important digestive fluid. The portal vein brings the blood from the stomach, the pancreas, intestine, and other digestive organs, to the liver which filters out the poisons. The mustard, pepper, peppercorn, ginger, and other unwholesome things have to be filtered out by the liver. If it were not for the liver we should all die very quickly. It is wonderful indeed what the liver will tolerate. Those who use tobacco and those who drink tea and coffee, beer, cider, whiskey, and the like, are imposing great additional burdens upon the liver which must deal with these poisons.

NATURE'S LOVER

HE loves to lie beneath the sky,
When golden days are sweet.
Where breezes play and branches sway.
Apart from dust and heat;
And silent see the honey-bee
Flit by with burdened thighs,
A busy thing of tireless wing
And eager argus eyes.

He loves to hear the brook anear,
The oriole above,
The warbling thrush that bends the rush,
The plaintive wild-wood dove.
Of every flower in dell and bower,
The mystic creed he knows,
Why lilies grow as white as snow,
And why so red the rose.

His dearest books are fields and brooks,
His sweetest song the sea;
His store of gold the woods unfold
Through autumn's alchemy.
Some beauty still on plain or hill
His tender heart enchains,
When frost-elves weave their wreaths, and
leave
Their etchings on the pines.

—Clinton Scollard.

SANITARIUM AS AN EDUCATOR

(Continued from page one)

dealing with disease. Headaches, stomach distress, and almost any other pain may be obtained, but it is a dangerous process, and gives an appearance of safety when the gravest conditions exist.

To repair successfully a defect in the human system requires a thorough investigation and an intelligent understanding of the case. The nature of the trouble must be fully understood, and not only should the physician understand the situation but in order to obtain the best co-operation, the patient should also understand his own case, and come to know the nature of the trouble, the causes which produced it, the way to remedy the difficulty, and especially to know how to avoid similar trouble in the future. Disease can never be effectually combatted until the public generally are made intelligent in regard to their own ailments, the dangers which beset them, and the way to avoid these dangers. It has in the past been said to be a very dangerous thing to entrust the people with such knowledge; and selfish, conscienceless doctors have discouraged every effort to enlighten the people in the science and art of getting and keeping well.

But a better day has come, and now the best of the medical profession seeks the co-operation of its clients, and thus labor conscientiously to prevent disease, to help the people to avoid the sickness to which they have been helplessly exposed all the ages. In this work the Battle Creek Sanitarium labors actively and earnestly. From the very outset the patient is taken into confidence and partnership with the physician. The patient is not merely an automaton without will or volition, he must assist in the work of recovery. He has an important part to act in that work. He must understand what is to be done and why it is to be done. And since it is his own misdeeds that have brought him into the trouble he must know that his recovery depends upon his willingness to learn and to do the thing that is right.

It is often remarked here that there are no secrets at the Sanitarium. Every department and feature of the institution is open to investigation and to study. The doctor explains to the patient his symptoms and tells him about the nature of his difficulties. The patient is supplied with copies of the various laboratory reports on his own case. The bath attendant tells him what he is to do and what treatment he is to receive, and while he is administering it tells the patient why it is given and what effect it is designed to produce. The table waiters will explain the foods and in the cooking-school which is always in operation, the guest may go as deeply into the science and art of hygienic cookery as he chooses. The composition and character of the various dishes are explained to the visitor, and classes are held twice a week for the benefit of the patients and guests.

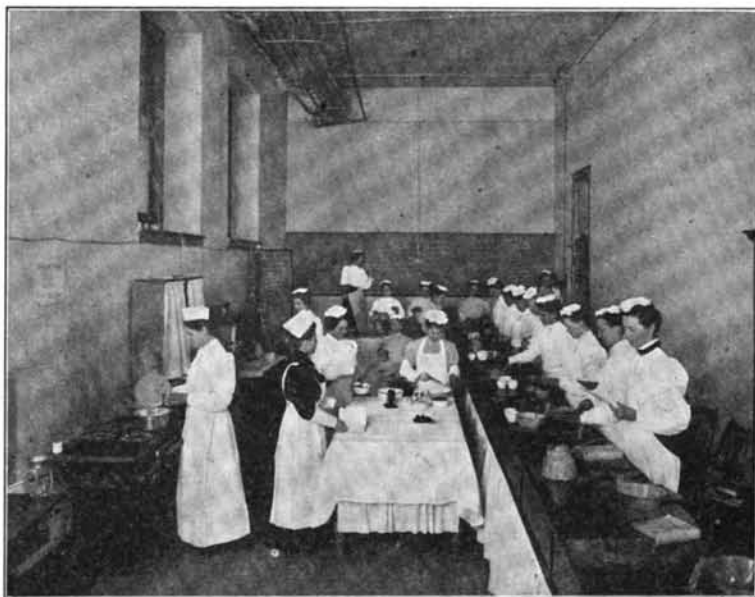
The philosophy and practice of hydrotherapy are open to the investigation of all who care to look into the matter. Then, in addition to that which may be learned here and there in the various departments of the institution, there are three public lectures given weekly on the principles and practice of right living. Two of these are by the superintendent, Dr. J. H. Kellogg, and the third is by Dr. W. H. Riley, the next senior physician. These lectures are given in plain terms that are easily understood and appropriated by all. In addition to these gen-

eral lectures, each day, Dr. A. J. Read, the receiving physician, meets new patients, and others who desire to come and takes time to explain fully and in detail the whole regime of diet, exercise, and treatment, and answers queries.

So that while the patient is being built up by the treatments and diet and other means, he is being fitted up for more intelligent practical living after he shall go away. Perhaps he has been for years transgressing the laws of his being, ignorantly or otherwise, and in such cases it is not to be expected that recovery will be instantaneous. Generally it must be expected that the road back to health will be long and tedious. The wasted energies and tissues must be repaired by a gradual process. But the work of the Sanitarium is to get people

and upon going home there is continued progress and recovery until at last the sick one has the joy of standing where he or she stood years before.

Of course, this is not the experience of all. Some people recover quickly and go home well and sound and may remain so if they will heed the lessons they have learned. Others fondly cling to their old habits and as soon as they are out from the influence of the Sanitarium, and the eye of the doctor, they rush back to the old habits that have been the means of their misery only to find themselves in a short time worse off than ever. This is utter folly, and no intelligent human being should be so deceived. The Sanitarium is laboring, not to obtain people's money but to lift them out of their pains and disabilities; and the education of the peo-



PATIENTS IN THE COOKING SCHOOL

well established in that road, teach them how to pursue it at home, and then send them back to their homes to carry on the good work that has been begun. True, some people go away from the Sanitarium after some weeks or even months of treatment and seem to have made only a few steps toward that which they hoped to attain in getting back their health, but they have laid a good foundation, they now understand their troubles, they realize what are the things that have brought them into trouble and they know how to avoid those things and how to live right and care for themselves; and the benefits they have received are not artificial, but entirely natural and so they remain;

ple is doubtless the very best means for accomplishing this end.

Better methods may simplify the Social Question, it can be solved by nothing less than better men.—Francis Greenwood Peabody.

WHAT a mighty reformation we should witness through the land
If the masses and the classes could be made to understand
That each could save at least one soul from selfishness and pelf,
If he'd let alone his neighbor and just practice on himself.

Battle Creek Sanitarium Periodicals

Three journals are published at the Battle Creek Sanitarium:

The Battle Creek Idea (Weekly).....	\$1.00 per year
Good Health (Monthly).....	1.00 " "
The Medical Missionary (Monthly).....	.50 " "

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VOL. II OCTOBER 29, 1909 No. 47

EATING AND CHARACTER

It has perhaps occurred to but few people that there is any relation between diet and moral character. It is generally acknowledged that there is a more or less pronounced relation between diet and health, and this is so evident as to be beyond dispute. There is just as evident a relation between the moral status of the individual and his physical habits as exists between his physical habits and physical health. Indeed, it may be claimed that a person's habits are the index or outcropping of his moral principles. A man who is shiftless and careless of his person is very likely to be such in his integrity to right principles. The man who is careful of his personal appearance will regard his reputation for honesty and reliability. We speak on general principles, of course, for there are sleek villains, as we all know; but the old saying that "cleanliness is next to Godliness" is an unquestioned truth.

But going to the more direct proposition that the manner of a man's eating affects his moral character, we have the testimony of the Scripture to this fact. Here is a quaint but forcible statement from the Wise Man, "The righteous eateth to the satisfying of the soul; but the belly [appetite] of the wicked shall want." One with a proper appreciation of life and of its source will eat with a sense of gratitude to the Giver of life, and will be considerate and thankful, and the act of eating will not be simply a gustatory gratification, but a sacred function in the exercise of which he will seek to honor God as well as to gain the needed nourishment.

The very influence of thus partaking of food that is good and healthful in a spirit of grateful appreciation of the gift and the Giver has a very strong influence to shape an individual's character, and is sure to make a profound impression upon that character. The gluttonous gulping of food for the mere sense of eating is a different performance and one that degrades the person as it also dishonors God.

IT IS TIME TO CLEAN HOUSE

It is no part of the policy of this paper to dabble in politics, and yet the situation in New York municipal politics is at present so interesting that it is difficult to let the occasion pass without an allusion. The three-

cornered fight over the mayoralty that is now going on is stirring up the depths of foulness in Tammany's realm to such an extent as will, let it be hoped, stimulate the decent people of our great metropolis to rise and send some of the wholesale debauchees to their political doom. When public place becomes a means for private lust, when the traffic in the purity of womanhood is promoted by the power of the municipal government, and office seeks its spoils among the innocent children upon which it can lay its hands, it is time to take our reckoning and calculate as to the inevitable termination of such a course in our public affairs. The example of New York will be followed by thousands of smaller communities, and what the aldermen of the great city can do, those of smaller ones may safely attempt.

No one who reads the newspapers to-day has done so without being shocked beyond expression by the terrible slaughter of innocent girls who have been beguiled from the path of virtue and then ruthlessly butchered in the most revolting and inhuman ways. And of the cases that are brought to light we may well say that they are but a small proportion of those which actually exist. Parents can not safely trust their daughters out in the world, for there are everywhere those who are waiting to destroy them. These conditions grow out of the fact that there are so many men who have never learned or practiced self-restraint. These men have followed their unrestrained passions until appetite and passion have assumed the mastery over them, and nothing is too pure and innocent to be sacrificed on the defiled altars of base desire. They have followed the leading of appetite until they have become the slaves of fleshly propensities, who would sell their souls to gratify their bodies. Those who would live above this low plane must set for themselves a high standard of self-control and constantly keep under their bodies. To do this they will need the help of divine grace. Self-control is very scarce in these days, so that there is no other place upon which the people of this generation so greatly need discipline and instruction. Self-control is the basis of character, and is the safe-guard of society. Our prisons and jails are filled with those who can not control themselves, for neither character nor the rights of others are respected by the man who has lost control of himself.

And the control of our bodily habits are the primary lessons in this great art. The man who is able to dictate to his own body how it shall be cared for in food and drink has begun the work of bringing his whole body under proper restraint. He who is not able to do this has little chance to escape from the pit of human frailty.

"ALL FOR THE BABIES"

This is the title of a paper by Mrs. Gibbon Arnoldi, published in leaflet form by the "Committee of One Hundred" on National Health, from which we take a few extracts as follows:

How many mothers do you know who have lost a baby, and why? Think it over if you have not already done so. Have you never seen the grief-stricken mother inconsolable because she knew too late the reason, too late the simple means which would have saved the baby's life? Go among mothers and see how eagerly they are trying to learn from one an-

other. Look at the large circulation of books on babies and then ask young husbands if their wives sit up half of the night watching baby, wondering if its breathing is right—why it is restless—what should she do?—should she get the doctor?—why baby's feet are cold—its cheeks flushed—what that little cry means—should she feed it, or change its food?—what to give it—and hundreds of similar doubts.

In all countries to-day universal thought is directed only passively to the great problem of the thousands of babies who die before they reach one year of age. There were 28,503 deaths of infants under one year of age in New York City last year and there were 4,500 in one summer month, and the other cities of the world show practically the same figures in proportion to population. The number of deaths of babies under one year of age is greater than the number of deaths from any other single cause or disease the world over.

The National Government of the United States spends \$7,000,000 on plant and animal health every year, and hundreds of thousands fighting beetles and potato bugs, but not one cent to aid the six million babies that will die under two years of age during the next census period while mothers sit by and watch in utter helplessness. This number could probably be

(Continued on page six)

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EXOPHTHALMIC GOITER

(Continued from page one)

upon treatment received by the patient.

Treatment. As this disease is usually chronic, it can hardly be expected that any decided beneficial results can be obtained immediately from any course of treatment. The successful treatment of this disease necessarily involves a period of weeks or months. There are many cases which, if a correct diagnosis is made in the beginning of the disease and the proper treatment instituted, are curable. It is therefore of the greatest importance that the disease be discovered early and that the proper treatment be instituted at the earliest possible moment.

The most useful remedies in the treatment of this disease are the following:

- (1) *Physical and Mental Rest and Quiet.*
- (2) *Proper Environments.*
- (3) *Proper Regulation of the Diet and Care of the Alimentary Canal.*
- (4) *Hydrotherapy, particularly Tonic Hydrotherapy.*
- (5) *Electricity, using the galvanic, Faradic and sinusoidal currents.*
- (6) *Massage.*

The proper and intelligent use of these different remedies is best obtained in a well-equipped and properly conducted institution where there are all the necessary appliances for the use of the above mentioned remedies

A CAREFUL INVESTIGATION PROVES WONDERFUL FACTS

After reading the several magazine articles and newspaper accounts about the Everglades, for over a year, I decided to go down and see for myself. A few weeks ago, I returned from my trip of inspection of the 65,000 acres lying on the south shore of Lake Okechobee. I found this land high and dry and already in a condition to crop. It is distinctly the richest land in America, and is the only land on the continent belonging to the United States that will grow tropical fruits. There is no frost nor malaria and the health and climatic conditions are perfect. All Northern fruits and vegetables will grow there with about 30 varieties of tropical fruits. The State of Florida is under heavy bonds to drain the Everglades and has \$1,200,000 in money with which to accomplish the work.

This land is so rich in nitrogen that Chief Chemist Wiley says that it is worth \$9 a ton as a fertilizer.

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in an intelligent manner. A very important element in the treatment of this disease is to get the patient away from home and friends and under conditions where rest, quiet and proper environment with proper mental influences can be brought to bear upon the mind of the patient. As a rule these patients can not be treated successfully at home. In most cases, at least, conditions are such in the home that treatment can not be properly administered.

(1) *Physical and mental Rest and Quiet:* Rest is of the greatest importance. The rest should be both physical and mental. The patient may go upon the so-called "Rest Cure" for a period of several weeks, in which she lies quietly in bed, having the attention of a competent, intelligent and cheerful nurse who will give the necessary treatment, and look after all her bodily wants. In the "Rest Cure" treatment as carried out according to the orthodox plan the patient lies quietly in bed, is not allowed to see her friends, no one being allowed into the room except the nurse and the physician. The patient does nothing for herself, not even to make her toilet. She has absolute rest, and is shut away entirely from the outside world. Enforced rest of this kind often works very favorably in these cases, but in some instances it is better to modify the rest-cure, allowing the patient to take rest in a wheel-chair, being out-of-doors where she can get the sun and air. However, in any form of rest it is important for the patient to keep quiet and keep off her feet, reclining in a wheel-chair or lying on a cot. Out-door air and sunshine in addition to the rest is of great benefit in these cases.

As these patients are usually excitable and restless, it is also important that they have quiet, and that the mind be kept as quiet and undisturbed as possible. This is of the greatest importance. It is also important that the patient's mind be kept cheerful and away as much as possible from her own troubles. The mind should be occupied as much as possible with something that is pleasing and interesting, and not in any way depressing to the patient. This physical and mental rest and quiet can best be enforced and administered under the care of a competent, tactful and cheerful nurse. The value of a nurse of this kind in treating these cases can not be overestimated. Her influence over the patient in securing proper rest of mind and body is certainly of the greatest importance and greatest value. The physician's relation to his patient may also be of great service and value in directing the mind of the patient away from her troubles and into wholesome and cheerful channels of thought. The influence of the physician and the nurse over the mind of the patient may be of the greatest importance in the treatment of the case.

(2) *Proper Environments.* This is also of great importance in dealing with these cases. The surroundings should be cheerful, sanitary and encouraging—pleasant in every way. The room should be cheerful and well ventilated with not too many decorations to attract the mind of the patient.

(3) *Proper Regulation of the Diet and Care of the Alimentary Canal:* The alimentary canal, including the mouth, stomach and bowels, should be carefully looked after. The appetite of these patients is often defective in one way or another. The food should be wholesome, properly prepared, thoroughly cooked, easily digestible and nutritious. The different food elements should be properly balanced so that the patient will be receiving a balanced ration. In this disease the patient's mind is

excitable, sometimes depressed, and there is more or less mental or nervous unrest, indicating a disturbed and excitable condition of the nervous system. For this reason the diet should be non-stimulating and should not contain an excess of the proteid or nitrogenous elements of food. The protein elements should be sufficient to give proper nourishment to the nerve tissue and other tissues of the body, and should not be so excessive as to cause a retention in the bowels which might undergo putrefaction, and produce poisons which may be absorbed and carried by the blood stream to the nervous system and thus irritate it and disturb it still more. In fact, there seems to be some evidence in recent times that this disease may be caused by putrefactive changes of protein food in the lower bowels. It is of the greatest importance, therefore, that the diet should be carefully selected and the bill of fare properly balanced and an excess of proteid food avoided. Any disturbance of the stomach or bowels should receive proper attention. There is apt to be more or less indigestion and a prominent symptom of this disease is a watery diarrhea. These conditions should be properly looked after, not only by regulating the diet, but also by other treatments and remedies which will improve the condition of the stomach and bowels.

(4) *Hydrotherapy, particularly Tonic Hydrotherapy,* is of the greatest value in treating this disease. The rapid action of the heart can best be relieved by resting in bed, by an icebag kept over the heart for half an hour three or four times a day and by short, cold baths to the body generally. These short, cold baths may be given in the form of cold mitten friction or cold, wet towel rubs. The action of the heart can be greatly reduced by the use of the icebag over the heart and also the cold applied to the body generally reduces the action of the heart. It should be remembered, of course, that one of the most troublesome symptoms in this disease is the rapid heart's action. In bad cases where the heart is very weak and dilated the cold baths with the icebag over the heart bring about the most wonderfully beneficial results. In using the icebag over the heart and giving the cool baths care should be exercised that no depressing effect is produced by too prolonged use of the icebag or too prolonged application of the cold bath. This treatment should always be under the supervision of a physician. All depressing effects should be avoided as far as possible. The cold bath given in the form of cold mitten friction or wet towel rubs may be repeated three or four times a day in most cases with most excellent results.

(5) *Electricity, Using the Galvanic, Faradic, and Sinusoidal Currents:* The galvanic current directly applied to the gland has produced most excellent results in treating this disease. There are a number of different ways in which it may be applied, and these different methods are usually described by writers dealing with this disease. However, my experience has been that the simplest way of applying the galvanic current is as good as any. This is to apply the electrodes one on either side of the neck so that the current passes directly through the gland. The current should be of moderate strength, five to ten milliamperes in strength, and the current should be allowed to pass about ten minutes. The treatment should be taken every day; sometimes twice or more times a day would be beneficial.

The Faradic and sinusoidal currents are also used applied directly to the neck, one electrode on either side of the neck applied so as to produce a contraction of the muscles. This

muscular contraction causes a squeezing of the gland which reduces its size and is thought to diminish the secretion of the gland.

An icebag applied directly over the goiter for half an hour three or four times a day is also very useful in reducing the size of the gland and lessening the secretion. Anything which will lessen the secretion of the gland is very helpful in relieving the patient of the distressing symptoms.

The Faradic and the sinusoidal currents may also be applied over the body generally for the purpose of keeping up the tone of the muscles and as a general tonic.

Mechanical pressure over the gland and even bandaging the gland has also been recommended, but it is probably not as useful as the other remedies above mentioned.

(6) *Massage*: The patient should have general massage every day by a competent nurse. Massage takes the place of exercise and improves the circulation of the blood and the nutrition of the muscles and tissues generally. In most cases massage should be given every day.

The feeding of the thyroid gland has been proposed in some cases, but in very few instances with any beneficial results. The cases that are benefited by feeding the thyroid gland with the thyroid extract are probably those cases where the gland has undergone partial degeneration or where the secretion of the gland is perverted. In some cases feeding of the thyroid gland has increased the symptoms instead of lessening them.

Feeding of the thymus gland has also been used to some extent, but not with any good results. The use of milk from goats from which the thyroid gland has been extracted has been recommended and used also, or serum prepared from goats that had the thyroid gland removed, but no very good results have been obtained from this method of treatment.

Surgery has also been used in treating this disease. In recent times the results from surgical operations have been more successful. In bad cases and in cases which do not yield after a few months' treatment by the above mentioned methods surgery may be considered. The surgical procedure consists in cutting out a part of the gland. This operation has been done by some surgeons with most excellent results and the patient entirely relieved of the disease. Since the importance of the parathyroid gland has been recognized and it has not been removed in the operation, the results of surgery have been more successful. It is also important to leave a certain portion, at least one-fifth, of the gland. If this is not done the patient may suffer from a disease which is the opposite from this we have been describing and which is known as myxedema, and is a disease which is the result of deficient action of the thyroid gland.

A number of different drugs have been recommended by different authorities. These consist principally of cardiac sedatives such as strophanthus and digitalis used for the purpose of toning up the muscle of the heart and lessening the rate of the heart beat. Nerve tonics have also been used such as strychnin and bitter tonics, iron, quinine, arsenic, iodide potassium, bromide, phosphate of soda, and other drugs. Drugs, however, are not curative and are not depended upon by physicians at the present time to cure this disease. The intelligent and thorough use of rest, quiet, proper feeding, tonic hydrotherapy, electricity, massage, are the remedies which promise the most and bring the best results in the treatment of this chronic disorder. Most cases when treated early by the use of these remedies are either entirely cured or greatly benefited. The

writer has observed a large number of cases treated by these remedies and can not recall any case where the treatment was begun early in the disease but what was either completely cured or greatly benefited by the use of the above mentioned remedies.

ALL FOR THE BABIES

(Continued from page four.)

decreased by as much as one-half. Why is nothing done? Charities have been organized in all countries to protect and relieve the poorer mothers; societies have been formed to provide pure milk to the mother and her babe; fresh-air funds have proved a magnificent help; societies to enable mothers to have a breath of the sweet country air answer many a need. With what splendid results have little ones in the care of ignorant, helpless mothers had these blessings. Many lives have been saved, but still statistics continue to show appalling mortality. Why? Principally because the present efforts are in the nature of relief work and not systematic educational work—they lack practical medical supervision of infant health; they do not strike at the root of the evil conditions, the ignorance which mothers are so willing to admit, and the need of practical medical supervision, which is the crying necessity. Nothing so far proposed has materially reduced the death-rate. Passive interest will accomplish nothing. Sympathy will accomplish nothing. Spasmodic conventions to discuss this momentous question will accomplish nothing. Magic will accomplish nothing. The question is, What is to be done, and how to do it?

The saving of babies—the preservation of infant health to prevent sickness, can be accomplished in only one way, and that is to awaken the active interest of everybody in the problem on behalf of the little ones, and then to join the hands of the mother, the family physician, the infant specialist, and the trained nurse in one grand effort to reduce infant mortality. The purpose is so high, so imperative, so humane, that it appeals to the common sense of everyone.

In addition to the medical supervision, it is absolutely essential that systematic and steady education of parents, combined with a pre-natal course of instruction for expectant mothers, be provided. This is the purpose of the National Infant Science Congress and the Infant Science Academy, working plans for which are now being reported on by different medical societies in New York.

The practical working details of this Academy comprehend courses of lectures to mothers, either in separate buildings or in lecture rooms provided in each of the city hospitals or in public school buildings, the lectures to be delivered by members of the medical profession, doctors of dentistry, nursing experts, and others whose instruction would be valuable to mothers; a pre-natal course of instruction; the registering of every baby at birth at the Academy or one of its branches, with details as to weight, etc.

The purpose of the Academy will be purely educational, and in cases of sickness no responsibility will be assumed by the Academy; the family physician will have to make his usual attendances and charges in such cases. The fees of the family physician registering the infant, as well as the cost of instruction, the medical staff and the medical Advisory Board will be paid by the Academy—the family physician registering the case being paid fixed fees as a consulting physician to the Academy for his supervision of the infant's health.

Our grandmothers enjoyed domestic advantages we do not have to-day; foods were different, families lived in the simple homely way, then customary, with a large family circle and friends to help. They had pure milk, fresh eggs, home cooking—in fact, everything pure and wholesome. Consequently they were in a better condition to nurse their babies than the mothers of to-day when, life is so fast. The necessities of life and travel have broken up, to a large extent, the family circle. The modern apartment house was not planned for children, and has brought about the loss of even the good neighbor. Babies are intended for life. They are addressed to life. They were

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born to live, and all well-born babies should live. Their natural tendency is to growth. They are like plants, naturally hardy, and if they do not receive a positive setback through our ignorance, they will, barring accident, reach maturity. Ignorance or carelessness is the principal cause of infant mortality.

The two buildings known as the "Kellogg Cottage" and the "Henry Cottage," facing Washington Avenue on the corner of Champion Street and occupying the south end of the main lawn, are being removed backward to face on Champion, thus leaving the front lawn clear as far south as Champion Street. This will make a decided improvement in the Sanitarium premises. In order to make room for the houses in their new situation, the outdoor gymnasium is somewhat curtailed. But it is proposed to open a new gymnasium and swimming pool for men in the spring.

ARRIVALS

THE following is the list of arrivals at the Battle Creek Sanitarium for the week ending October 25: Mrs. N. J. Berston, Mich.; J. B. Burton and wife, Des Moines; Edward Siebels, S. Car.; Mrs. M. T. McMahon, City; I. M. Ackerman, Colo.; C. Hanford Henderson, Mass.; Mrs. C. P. Mundy and Mrs. M. S. Pugh, Kansas City; G. Roscoe Thomas, Calif.; E. E. Loomis and wife, Chicago; Mrs. E. E. Bosler, City; Mrs. T. Hallaman, New York City; Mrs. L. W. Rice, Pa.; H. L. Herritt, wife and baby, Nev.; T. O. Prescott, Ind.; Mrs. Jas. Smyth, Wash.; Mr. and Mrs. E. H. Jones, Fla.; Mrs. Frank L. Morse and daughter, Conn.; Max H. Moore, S. Dak.; Albert Bell, Ind.; Elizabeth Nilan, Ohio; Norville Elliott, Ind.; H. H. Ashenfelter, Philadelphia; P. J. Norberg, Mich.; Mrs. Stoddard Jess, Los Angeles; Henry Schattock, Ia.; L. A. Miller, Chicago; Jean P. Gordon, India; Gustav Lowensohn, Bavaria; Mr. and Mrs. E. W. Murphy and daughter, New York; Mr. and Mrs. C. J. McCormick, Pa.; Master Chas. McCormick, Pa.; D. P. Gibson, Mrs. Della G. Morts, Miss Mary Ely, A. H. Corell, Pa.; John Van Dyke, Chicago; Henry Beach Carrie, Tenn.; J. C. Layman and mother, Ill.; Ida W. Hoff, Ill.; Mrs. A. O. Anderson, N. D.; W. L. Cragg, Mont.; J. J. Lewis, Mont.; E. W. Scott, Mich.; Mrs. E. C. Soule, E. W. Soule, Minn.; Mrs. H. Calkins, Kans.; D. R. Reisfeld, New York City; Chas. A. Andrews, Mich.; Miss L. A. Hubbard, Maine; Mrs. W. H. Stillman, N. Y.; L. E. Lynn, Pa.; Mr. and Mrs. A. B. Pomey, Mich.; W. C. Phenicie, Annie Phenicie and Jennie Phenicie, Kans.; D. J. Gilleland, Ill.; Mrs. J. F. Letton, La.; Andrew Ross, City; Dick Lane, Chicago; Mr. and Mrs. George L. Maltz, Detroit; Mrs. M. M. Farwell, Detroit; S. T. Goldsborough, Washington, D. C.; Mrs. H. G. Doyle, Toronto; F. L. Morse, Conn.; C. M. Tindale and wife, Ohio; Dr. Oswald C. Fluemer, Memphis; A. Lynn Free, Mich.; K. R. Jacoby, and wife, O.; Mrs. W. J. Button and Miss Rosemary Button, Chicago; C. A. Jackson III.; Elizabeth Fischer, Alma Joseph, Cincinnati; George A. Allsopp Jr., and E. B. Bor-

sot, Chicago; H. R. McLaughlin, W. Va.; D. C. Dunn and Henry Dunn, Ill.; W. D. Wells and wife, N. C.; David L. Luke, and Jno. G. Luke, New York City; W. D. Bambill, M. D., Ind.; Mrs. Henry Sell, Ind.; E. A. Whitford, Minn.; M. S. Bennett and wife, Chicago; Dr. C. A. Abbott, Ia.; W. V. Moore, Rochester, Mrs. Theo. Harsch, Pa.; Radwick McKay, Ont.; W. M. M. Jones, N. J.; Lewis E. Sada, Mex.; Mrs. J. I. Mach, Ga.; Geo. A. Hughes, Chicago; Mrs. A. Hughes, Minneapolis; Mrs. P. J. Livingston, Toronto; H. H. Burch, and Hattie Luke Burch, Mo.; E. G. Thayer, Mich.; Mrs. W. H. Brown, Mrs. S. W. Henderson, Mr. and Mrs. F. A. Beach, child and nurse, Chicago; Mrs. John Elgas, Mich.; Mrs. Hannah Dauneffel and Mrs. Henry Dauneffel, Mich.; Mrs. Omer White, Mich.; C. B. Stephenson, Ind.; T. C. Palmer and Jas. O. Palmer, Mich.; Mrs. James Coulson, Ontario; H. D. Haring, Indianapolis; W. K. Smith, Chicago; D. Karle, Detroit; J. B. Morrow, Chicago; J. H. Mills and wife, Tex.; J. F. Coppedge, Tenn.; James J. Deeney, Cleveland; Miner J. Allen and wife, Ohio; Mary F. Lichtenwalter and Mrs. M. C. Lichtenwalter, Ohio; Kate Hughes, Ill.; J. S. Lincoln, Chicago; John L. Reddick, Mich.; Rose M. Long, Ill.; J. H. McLane, and E. A. Whitney, Chicago; W. M. Thurston, Chicago.

News and Personals

Wm. M. Jones, of Hoboken, N. J., a Red Cross nurse, is among the recent arrivals.

John F. Coppedge, of Stanton, Tenn., is among the recent arrivals from the South.

Miss Florence Stout, a graduate nurse, has gone to Chicago to take up dispensary work.

W. L. Cragg, a prominent grocer of Lewistown, Mont., is taking rest in the institution.

John L. Reddick, of Niles, Mich., has returned to the Sanitarium for further rest and treatment.

Geo. L. Maltz, of Detroit, bank commissioner of Michigan, is taking rest and treatment at the Sanitarium.

Dr. Clara V. Radabagh, who has been spending a few weeks at her home, has returned to the Sanitarium.

W. H. Bennett, a real estate dealer, accompanied by his wife, is among the recent arrivals from Chicago.

Atty. E. H. Whitford, of Hastings, Minn., is taking much needed rest and treatment in the institution.

Rev. R. McKay, of Maxville, Ont., is spending a few days at the Sanitarium taking rest and treatment.



TWO COURSES IN DOMESTIC SCIENCE

The One-Year Course, intended especially for Matrons and Housekeepers or for those who desire it for its educational value, includes General Cookery, Invalid Cookery Institutional Cookery and Practice Cookery, Anatomy and Physiology, Household Chemistry, Home Nursing, Household Microscopy, Household Economics and Household Architecture, Sewing, Medical Dietetics, Theory, Table Service, Physical Culture, etc.

The Two-Year or professional course, intended especially for Dietitians, Lecturers, and Demonstrators, includes all the studies of the one-year course, and in addition Advanced Chemistry, Advanced Physiology, Sanitary Science, Bacteriology, and Hygiene, and Advanced English.

ONE SPECIAL FEATURE of this school is that students are given an opportunity to meet a large part of their expenses by work along lines which aid them in their studies.

**The Battle Creek Sanitarium School
of Health and Household Economics**

**BATTLE CREEK
MICHIGAN**

H. D. Haring, of Indianapolis, an old friend and patient of the institution, is again with us for a few days.

S. T. Goldsborough, a student from Washington, D. C., is spending some time at the Sanitarium taking treatment.

J. H. Mills, a prominent real estate broker of Amarillo, Texas, accompanied by his wife, is among last week's arrivals.

Miss Bertha Kirschmann has returned from a visit to friends in Allegan and has resumed her duties in the office of Dr. Otis.

Albert Bell, of Connorsville Ind., formerly manager of an ice plant, has entered the institution for a course of rest and treatment.

H. R. McLaughlin, of Huntington, W. Va., train-master for the Chesapeake & Ohio Railroad, is taking much needed rest at the Sanitarium.

E. W. Soule, of Deerwood, Minn., has entered the institution for rest and treatment. Mr. Soule is manager of the summer resort at Deerwood.

David Ostland, formerly a missionary to Iceland for the Seventh-day Adventists, was a visitor at the Sanitarium last week. He is now employed as a printer in Detroit.

Dr. Belle Wood-Comstock, who has been taking the Michigan State Board examination at Lansing, stopped off at the Sanitarium en route to her home in St. Joseph, Mich.

Among the missionaries stopping at the Sanitarium for rest and treatment is Miss Jean P. Gordon, of Wai, India, who arrived last week.

The Sanitarium W. C. T. U. will meet November 2 with Mrs. Dr. Barnhart at her home on Oak Lawn. The program will be in charge of Mrs. Allen. All members are requested to be present.

A request comes from the office of the English *Good Health* that we inform our readers that the address of that office has been changed from Stanborough Park to St. Albans, Caterham Valley, Surrey, England. We are glad the note the prosperity that still attends this enterprising journal and advocate of right living.

The Sunshine Club, or class for new patients, held in the main parlor every afternoon, seems to be fully as well attended as during the summer. Quite a good many of the older patients are taking advantage of the general invitation to all who desire to attend these talks to new patients which has tended to materially increase the size of the audience. There seems to be no lack of interest in the subjects presented.

Dr. A. J. Read gave a very interesting talk in the Sanitarium parlor on the evening of October 18, his subject being "Masters of Nature." He briefly outlined the ways in which man overcomes natural conditions and even heredity and how the Divine power actually overrules the ordinary course of nature in our behalf. Dr. Read illustrated his talk with numerous examples of such control of the natural conditions and the importance of faith and hope in attaining to our ideals even though difficulties may be present.

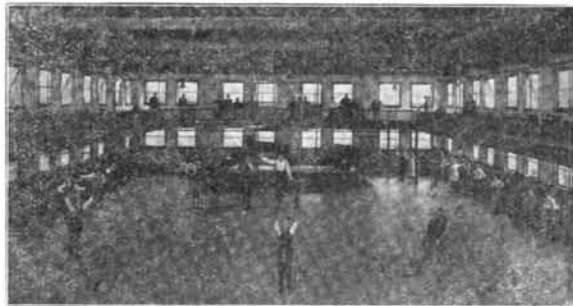
The Circuit Court is now occupied with the case of *quo warranto*, in which the charter rights of the Battle Creek Sanitarium are being called in question. No one knows how long the case may be continued, but it may be abridged in the present court, as however it may be decided by this court, it is almost sure to be carried to the Supreme Court. The present case does not touch the question of payment of taxes, that being another issue; the question now being as to whether the Sanitarium has exceeded its charter rights.

Dick Lane, from Chicago, was a welcome visitor at the Sanitarium for a few days this week. Fifteen years ago Mr. Lane was known as one of the most dangerous characters in Chicago, and was not allowed to stop in the city if the police could prevent it. He was converted and took up the Christian life, to which he has been faithful ever since. While employed in the office of the *Record-Herald* in Chicago for some years he has given much time to city mission work. He has now resigned his position in order to give his time wholly to the saving of the lost.

On each Sunday afternoon a rally of the foreign missionaries resident in the Sanitarium is held in the parlor of East Hall. The hour on last Sunday was a specially bright occasion. Dr. A. J. Read was leader of the meeting, and conducted the devotional service. He called upon William Ashmore, D. D., of Swatow, China, who gave an interesting and instructive account of his work. Dr. Ashmore's father began work in China in 1850, and it is a matter of interest to note that his son, after obtaining his education in this country, returned to his birth-place to carry on the good work begun by his father.

Battle Creek Sanitarium School of Physical Education

Gymnastics—German and Swedish; Dietetics; Massage; Hydrotherapy; What to do in Accidents, Emergencies and Common Maladies; Medical Gymnastics. Anatomy and Physiology; Chemical and Anatomical Laboratory work; Large Indoor and Outdoor Gymnasium and Swimming Pools.



Large Faculty of able teachers and trainers. Course one year. Tuition full year, \$85.00; Board, \$3.00 to \$3.50. A number of students may pay their way in work.

Mr. Horace Fletcher will give a course of lectures on vital economics, and Mr. John F. Stapleton, formerly of the Yale Gymnasium, a special course on theory and practice of Swedish gymnastics.

The regular school year opens October 18th and closes June 10th, 1910.

Any who are interested will be sent illustrated announcement with further details on request. Address:

The Battle Creek Sanitarium School of Physical Education
BATTLE CREEK, - - - MICHIGAN

THE BATTLE CREEK IDEA

Vol. II No. 48

BATTLE CREEK, MICH., NOVEMBER 5, 1909

Price 2 Cents

Shaking Palsy and Its Causes

An Analysis of Paralysis Agitans, by
Dr. Riley, with Observations Based
on a Large Number of Cases

PARALYSIS AGITANS is a name of a chronic, progressive disease of the nervous system which is characterized by muscular rigidity, muscular tremor and muscular weakness affecting in

SOCIAL LIFE AS LIVED AT THE SANITARIUM

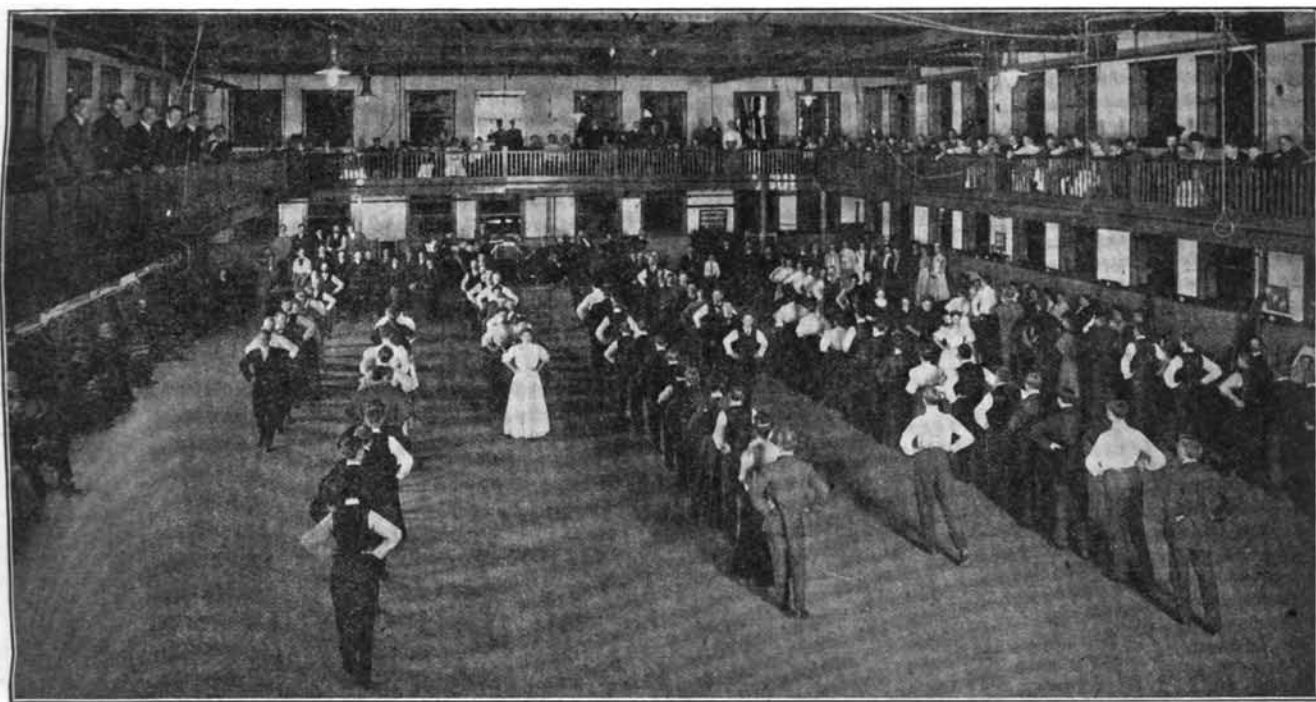
How Guests Spend Their Time, and What
Diversions and Entertainments
are Provided

ONE of the serious questions that confronts a stranger who is contemplating a visit to the Battle Creek Sanitarium to extend, perhaps, over some weeks, is, How shall I spend my

Science in the Household

A Lecture by Dr. Kellogg Before the
Class in Domestic Science and
Home Economics

NO DOUBT some of you who have recently come to the institution are wondering what is the *raison d'être* of the Battle Creek Sanitarium Training School for Health and Home



MORNING CLASS IN CALISTHENICS

varying degree and extent the voluntary muscles of the body and attended also by abnormal postures, gait, facial expression and speech, and by the presence of less important mental and other symptoms. The disease has been named from the two leading symptoms which characterize it, i. e. the paralysis and the agitation or tremor. The name is, therefore, a symptom name, and does not suggest in any way the underlying pathological changes that might be present in the tissues of the nerves or any other organ of the body; neither is it suggestive of the cause which might produce the disease. The symptom name, *paralysis*

(Continued on page five.)

time? The individual is about to leave home and familiar scenes and associations, and go among strangers into a place where there are many others like himself that are not well, and it may be that a rather funereal impression steals over the mind as he reflects on what he is to meet, what the associations are to be, how the evenings are to be spent, and what the surroundings in general are to be. It is the purpose of this article to answer some of these pertinent queries.

The management of the Sanitarium do not fail to recognize the need of sufficient and appropriate social advantages. The most of their

(Continued on page three.)

Economics. This school is the outgrowth of the general work of the institution. The institution itself is a protest against modern ways of living. That the human race is degenerating rapidly, that the stamina of the civilized race is being very rapidly exhausted, that humanity under civilized conditions is subjecting itself to too many artificial conditions of life; that the environment has become unnatural,—all this is too evident to be denied.

It has been known for many years by scientists in the study of animals of various classes, that when an animal departs from its natural conditions, when the natural environments are modified in such a way as to become arti-

ficial and unnatural to the animal, the result is degeneracy. If the environment has been abnormal and becomes more favorable, then there is an improvement. This degeneracy affects the hard parts of the animal first. It first makes its appearance in the bones, probably because the bony structures are, in a certain sense, the foundation of the animal, the framework by which the other structures are carried.

This is noticeable in the human race. You have doubtless all of you known more or less about the Mound Builders, who belonged to a race the history of which is now buried in the unrecorded past. But they left mounds scattered all over this country by way of testimony to the fact that there was once a race that was numerous and powerful, who lived in this same land in which we now live, subjected to the same conditions of climate, soil, and water, as we are at the present time, and that this race was more powerful than the race that now occupies the land, as is evidenced by the skeletons which are found buried in their mounds. One of the special features of these skeletons is the large massive jaws and the wisdom teeth fully developed still remaining in the jaws of the people who lived at that time.

I would like to ask how many of the persons present have thirty-two sound teeth? Are there any? Not a single one. I asked that question down at Chautauqua the other day to an audience of about two or three thousand people, and only six of the number raised their hands. It is a most unusual thing to find an adult person with thirty-two sound teeth. The wisdom teeth generally make us a great deal of trouble in coming through because there is no room for them in the jaw; the jaw is too short for them. The lower jaw is getting shorter because the wisdom tooth is perishing; there being no necessity for growing a jaw to support a tooth that is to last but a short time.

Now, these mound builders had splendid teeth because they used them, and because they fed upon natural foodstuffs. They raised corn and subsisted chiefly upon it. The corn was soaked in water and then beaten in the hollow of a stump with a wooden pestle until the hulls were rubbed off; then it was ground with a stone mill. This coarse meal was carried in a little skin bag wherever they went, and mixed with a little water to be eaten; and that was their principal food. The chewing of the corn and of the nuts and berries upon which they fed gave plenty of use for their teeth, so they were very strong.

And now we see here a foreign race which has come in and occupied the same territory and who ought, under the same conditions, to be just as strong, just as healthy, and equally well developed; but instead we find a race that is perishing; and what is true of the American race is true of other races. The life insurance companies have been worried the last few years because they have found their profits diminishing. The policy holders were not living as long as they were expected to live, so they have been investigating the matter, and they have found that the expectancy of life is notably diminishing. Comparing the statistics of 1865 with those of 1895, they discovered that in this period there was an increase in the expectancy of life in young persons, below forty; but there was a decrease after forty. Taking the number of person in 100,000 dying at different ages they found the mortality of infants had diminished thirty-five per cent; that is, one-third more children between one and five years live now than lived thirty years ago. Between five and twenty years the number that die is forty per cent less than it was.

Between twenty and thirty years, it has diminished less. Between forty and fifty years, the mortality has increased eight per cent; between fifty and sixty, it has increased seventeen per cent; between sixty and seventy years, the mortality has increased eighteen per cent.

It might be considered this was due to some local cause were it not for the fact that the same thing is taking place in other countries. In England the same increase in mortality is observed, and in recently obtained statistics from Italy, I find there the same thing is true, also, only it is much worse. In Italy a man sixty years of age has only one-third as long to live to-day as he had fifty years ago.

Improved sanitation is keeping a large number alive below forty years of age. Increased knowledge of how to care for infants, the impurities of milk, and other causes of infant mortality have made it possible to keep a vast number of babies alive who formerly died.

But above forty years of age the race is perishing. The thing to which I want to call attention now is the important position which the home and the housekeeper hold in relation to this problem. It is only through the education of women and reformation in the home that this influence which is operating to destroy the race can be overcome. There is a great tidal wave of degeneracy sweeping over the whole civilized world that unchecked is carrying it rapidly down the hill of race deterioration at the present time, and will with absolute certainty lead the race to extinction. Chronic diseases are increasing enormously. Diseases such as apoplexy, arteriosclerosis, cancer, Bright's disease, and other dreadful maladies are increasing at such a rate that their mortality will be doubled within twelve to forty years. Diabetes is gaining ground so rapidly that in five years twice as many people will be dying of it as were dying from it in the year 1900. Insanity has increased 300 per cent in fifty years. If insanity continues to increase at that rate, it will not be very long before it will be difficult to find anybody that is sane.

In 265 years from now the civilized races will all be lunatics and idiots at the present rate of degeneracy. It would be a good thing to stop degenerating before we get there. Of course, we shall not be here 265 years from now; but that is where we are tending.

The Battle Creek Sanitarium stands as a protest against those things which are found to be leading the people downward. It is planted here to serve as a means of endeavor to stem this tide of degeneracy, and to turn it back if possible. Often it looks like a hopeless task. I confess I have felt as though what we could do was only like a little drop in the ocean; but in recent times, we begin to see the results of the seed-sowing of years ago, and it gives us hope that we may be able to do something after all and much more than has been accomplished.

I look back to my boyhood days and think of the cookery of those days. The universal practice was to fry food,—fried potato, fried beefsteak, fried sausage, fried eggs, and fried cakes; and things were not considered palatable unless they were the richest,—pies and cakes, and the most spicy pickles; and there was not a member of the family who was not sick. We did not know we were making ourselves sick all the time. We supposed it was an affliction of Providence. I thought the fault was in my stomach, not in my dinner. Some people entertain that notion. I met a lady recently who had come to the institution by the invitation of a friend and she was much astonished at what she found here. She said, "No coffee—dear me, how shall I live without coffee? I must have two cups of coffee at least or I can not eat; I can not sleep; why, I can

not do anything; my head goes to pieces. And no smoking room! Why, I have to have my cigarettes. I am not allowed to smoke here! What sort of a place is this?" I told her we were doing things for health here, and all those things were harmful. "Harmful,—what of that? What is my body for if it is not to work for me? When my body won't work for me, I will dismiss it."

This woman represents in a most pronounced way the idea that people are following everywhere. People never stop to think that what they eat has anything to do with the way they feel; that it has anything to do with the state of their mind, the condition of their nerves, or the condition of their bodies in general. I do not say that everybody has that idea of life, but in civilized countries people who are well-to-do, increase the luxuries of the table as they get more money, and instead of having a big feast at Thanksgiving and Christmas, and a few special occasions, they have a big feast every day for dinner. This indulgence in rich and unwholesome foods has come to be almost universal; but, nevertheless, there are some evidences of progress.

There has been a good deal of progress in knowledge since those olden days. The study of health is a matter of the last thirty or forty years almost entirely. Sixty years ago there were just a few John the Baptists crying in the wilderness, like Sylvester Graham, and Bronson Alcott, and William A. Alcott, Dr. Shaw, Dr. Trall, and a few others, who were preaching the doctrine of reform in diet, and dress reform, and health reform in general; but people simply laughed at them. I remember very well when I first got hold of these ideas at about fourteen years of age; and I was delighted with them because they seemed to be so sensible, and rational.

It was very rare twenty-five years ago that one could get graham bread, even at a hotel. Now you can get good graham bread at almost any hotel or on board ship. Go to Germany, or to any country in Europe and you can get graham bread. The name comes from the name of the man who first suggested the method of making bread from the entire wheat.

I remember once some thirty years ago, I stepped into a restaurant in Philadelphia and called for some graham bread, and the waiter shouted through the opening to the cook room, "Bran bread for one." Everybody looked around to see who that fellow was that wanted some bran bread. They expected to see some emaciated invalid following a prescription. Now, there has come a change; you can get graham bread everywhere. There are people living to-day who used to heap scorn and ridicule upon the people who ate oatmeal, and graham bread and did not eat meat. But that day has passed; a wonderful change has taken place, particularly within the last few years. Every day great progress is being made. People are waking up to the discovery that it makes a difference what they eat.

It devolves upon the women to bring about the necessary reformation. Women are the natural sanitary officials of the country. You may have as many public officials as you like, they can do nothing but depreciate the race by helping to keep alive the feeble and the unfit, unless their work is backed up by a sanitary official in the home, an intelligent house-mother, as they call her in Germany, who will look carefully after the nutrition of every member of the household, who will make a study of this question; and that is the great work for women at the present time. The greatest thing, it seems to me, that can possibly be done, is this work of informing the mothers, the housekeepers, of the land, how to feed and

care for their families properly. Their husbands know all about how to feed the horses, calves and pigs; but who knows how to feed little boys and girls? The mother herself does not know anything about it; it is not taught in schools. The cooking schools started out to teach girls how to make pies and cakes and fancy dishes, and at the present time too much attention is still given to the study of unnecessary and unwholesome cookery, though there has been an advance along these lines; even in the ordinary schools of domestic economy there is more attention being given to this question of health, and our universities are beginning to give some attention to it.

The School of Health and Home Economics was started because it was felt that notwithstanding the progress that has been made, the ordinary school of domestic economy does not lay sufficient emphasis upon this question of health. It ought to be the one central thought in the study of domestic economy, how to make the home a healthy home, how to make the people living in the home healthy by the environment which is under the control of the housekeeper. The economy of the home is the very foundation of all prosperity in a nation; it must be so, because the health of its citizens is the greatest asset that any country can possibly have.

You who come here to take the course of study, if you make a practical application of the knowledge you gain, can go out with a power to save life that is immeasurable in its value. Just think how many homes it would be possible for each one of you, as a teacher, to reform! How many lines of influence leading upward, helpful, life-saving influence you can start; and the end of it is beyond estimate. The only way in which this great tide of disease is going to be stayed is by men and women being educated to go out as missionaries; and we need missionaries right here in America as much as in any country in the world.

SOCIAL LIFE AT SANITARIUM

(Continued from page one)

guests are what may be termed semi-invalids. They are able to be about the house and grounds, to go to their meals and to their treatments, to attend entertainments and enjoy the social side of life. They are people accustomed to refined society, fond of home, and having a large circle of dear friends from whom they are temporarily separated. They do not require any loud or fast entertainments; they best appreciate quiet, pleasing, and instructive diversions of the mind that will occupy their attention pleasantly and profitably. Some of the ordinary pleasures, such as dancing, card parties, wine parties, late suppers, and gaming pleasures, have, as a general thing, no attraction for those who are in trouble and are seeking rest and recuperation, or the healing of some physical ill. Rather that which tends to soothe the mind, to divert it from one's self, which leaves the body rested and the nerves quiet, is the atmosphere to be created and maintained for people so situated as are the guests and patients of the Sanitarium.

One is not here very long before one notices that there is very little spare time. There are no long periods when there is nothing to be done except to brood over homesickness or perhaps graver troubles. The daily program is so arranged as to keep something constantly before the person in anticipation.

Rising at, say 6:30, there comes the morning walk or the "breathing exercise" in the gymnasium at 7 o'clock. At 7:20 family worship is conducted in the main parlors. Possibly

there is no other feature of Sanitarium life that gives one more of the home feeling than this. A hymn is sung, a chapter is read, prayer offered, and another hymn. All join in singing, and many are the expressions of appreciation of this little home-like exercise. At 7:40 breakfast is served, and at 9 o'clock comes the morning drill and march in the gymnasium. At 9:30 the treatment rooms open and the various treatments occupy the time until twelve or a little later. Then comes a period of rest until dinner, which is served at one o'clock. During the afternoon there is opportunity for riding or walking, attending cooking classes, or various lectures and demonstrations. At 4:30 afternoon treatments come on, and at six o'clock luncheon is served; and this is followed by a half-hour gymnasium drill and march.

Then there is the evening until nine o'clock, at which time the family is supposed to re-

where one is at a loss as to how he is to spend his time. Indeed, it is the aim of the physician that his patient shall each night have a pleasant sense of weariness caused by his constant duties and diversions that will place him in an attitude where he will readily fall into the arms of Morpheus as soon as he touches his bed.

A good library with a branch reading-room in the main building is open to the family, where current literature is always to be found. A news-stand and telegraph office keeps the institution in constant touch with the world at large, and within easy reach of friends at home.

Upon arriving at the Sanitarium, one is at once impressed with the genial quality of the institution in which he is suddenly placed. The kindly porter who meets him at the train gives him his first impression of this kind, and each



MAIN DINING-ROOM

ture. The evenings are usually occupied as follows: Sunday evening, divine service in the parlor; Monday evening Doctor Kellogg lectures, generally answering the "Question Box;" on Tuesday evening, entertainment or popular lecture; Wednesday, Dr. W. H. Riley lectures; Thursday, Dr. J. H. Kellogg lectures; Friday evening, religious service; Saturday evening, entertainment or popular lecture. The entertainments are chaste and attractive, and are generally given by outside talent, frequently furnished by a lecture bureau.

A glance at the above schedule will satisfy anyone that the Sanitarium is not a place

where one meets after this only deepens the impression. The stranger finds himself one of a large family of congenial, cultured people who have a fellow-feeling for him, and who extend to him a fraternal sympathy, and a hearty good wish for his welfare. There is an absence of caste or social class, and all freely associate together, the millionaire with the workingman, the lady of wealth with the mother of a home, all the artificial distinctions are forgotten, and for the time one feels that all men are indeed free and equal, and that humanity is all akin. In the privacy of one's room, of

(Continued on page four)

Battle Creek Sanitarium Periodicals

Three journals are published at the Battle Creek Sanitarium:

The Battle Creek Idea (Weekly).....	\$1.00 per year
Good Health (Monthly).....	1.00 " "
The Medical Missionary (Monthly).....	.50 " "

These papers will be combined at the following prices:

Battle Creek Idea and Good Health.....	1.50 " "
Battle Creek Idea and Medical Missionary	1.20 " "
Good Health and Medical Missionary.....	1.00 " "
All three journals one year.....	1.75 " "

NOW IS THE TIME TO PROVIDE THE BEST OF READING

Address either of these Journals, - - Battle Creek, Michigan

THE BATTLE CREEK IDEA

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BATTLE CREEK, MICH.

SUBSCRIPTION RATES

One Year	- - -	\$1.00
Six Months	- - -	.50
Three Months	- - -	.25
Per Copy	- - -	.02

VOL. II NOVEMBER 5, 1909 No. 48

TURNING THE TIDE

It is perhaps too much to expect that the tide or trend of human nature will ever be effectually changed from its downward course. Natural inclinations are against such a radical reformation. Wrong-doing is entrenched in the desires of the natural human heart. And yet, we are no believers in the old doctrine of "total depravity." While it is true that in the individual who has never exercised self-restraint the evil is sure to be dominant, yet there is in every human soul some traces of its divine origin. There are feelings and sensibilities which are aroused into activity by contact with that which is good, and which, being aroused, assert themselves, and if sufficiently encouraged, will come to assume the ascendancy and the control of the life.

To appeal to these principles of honor and truth is the work of the real reformer. The man who prates only of the wrong-doing of the other man, and who tears down without offering to rebuild, who has nothing better to offer in the place of that which he condemns, is no reformer at all. And if we scan the progress of reform in all phases, we shall see that the work that has accomplished most is that which presents the positive rather than the negative side of the question. Error will be taken care of very easily when people once perceive the truth. Right is omnipotent when once it is given a fair chance. People are not so easily won to the right by a representation of their own follies as by a glowing picture of that which is really true and beautiful. The drunkard does not respond gratefully to the recital of his beastliness, but is rather won by the representation of that which awaits him if he will but reform.

And what is true of the drunkard is true of others who need to be led to higher and better ways of living. It is not normal that the flesh should control in the individual life. God endows us all with powers and qualities of mind that are like his own, and He is willing to help us in the development of those powers and qualities. To neglect them means the elevation of the natural and animal tendencies which are sure to assert themselves and to gain and keep the ascendancy unless kept rigorously under control.

Now, who is willing to take up the fight for himself in behalf of that which is noble, pure, true and grand, all of which comes with his

heavenly endowment? The fight begins in most cases on the point of appetite. This is the elementary question in reform. Self-control is a primary consideration, and this is where we may expect it will begin. There may be exceptions to this general rule, but this is the case with most people. The first thing to be decided in each case is as to the principle that is to have right of way in our lives. Is it self-indulgence? Is every desire of the flesh to be gratified? Or is it to be that the higher and better considerations shall rule with us? Having settled that question unequivocally the rest of the question of detail will easily be settled.

It is true that there are many good people and useful people who have never yet learned the intimate relation between physical and moral righteousness, have never yet perceived that a correct life must be based upon absolute supremacy of that which is pure and virtuous in our daily habits. A man may preach on the excellence of patience and humility and not reflect that the hot and spicy food he eats, the indulgence he gives his appetite, absolutely precludes his attaining patience. A man may lecture on the evils of intemperance and terribly berate the liquor habit and all its accessories, and yet be in bondage to sensuous and evil habits that are just as inimical to his own progress as are the drinking habits of some other people to them.

A perfect vision of that which constitutes true manhood and womanhood is the best incentive to the attainment of those qualities. But true manhood is not built upon a specious foundation undermined by the indulgence of sensuous habits of any kind. The only man or woman who stands in the completeness of his or her high-calling are those who have under control the natural propensities. Such a one is heroic and grand in the sight of God, and is able to accomplish actual good for mankind who is struggling with this evil of self-indulgence.

The Battle Creek Idea, as it has come to be popularly known, aims at placing before the world the high ideal of men and women standing in the dignity and grace of their heavenly station in things physical as well as moral. Truly it is a sublime motive for life, to be, each one of us, just what God designs and desires us to be. And this we should aim and strive for, not only because of the good that will accrue to us, but from the higher consideration of helpfulness to others.

SOCIAL LIFE AT SANITARIUM

(Continued from page three)

course, one finds a temporary home, and quiet at all times.

There is a noticeable absence of the ordinary hospital air about the Sanitarium. Patients move about with their nurses, in wheel-chairs, or recline in them upon the lawn or verandas. But looking over the large dining-room at dinner time, the observer would hardly gain the impression that he was in the midst of a company of invalids. The faces he sees are bright and happy, the conversation he hears is cheery

and interesting, and the hearty laugh is not always unheard. The managers discourage the paying of fees or tips to any employees, and guests are earnestly requested to refrain from this unworthy and undesirable practice.

The almost universal habit of giving tips in order to secure better service is demoralizing and annoying both to the patrons and the management of every institution that desires to treat every one with the same consideration. It is the wish and endeavor of those who direct the work of the Sanitarium that the place shall have as homelike a spirit as is possible under the circumstances. Contentment and a happy spirit are conducive to good recovery, and to be made to "feel at home" is the best possible remedy for that disease to which the best of us are subject—homesickness. So it is arranged that those who wish society and pleasant associations may have them in plenty, while those who wish to be quiet and by themselves may have that privilege, and be as exclusive as they wish.

"If we teach Christ and peace to foreign peoples we can protect ourselves far better than by threatening to whip somebody who does not treat us with what we call proper respect."—*W. J. Bryan.*

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SHAKING PALSY; ITS CAUSES

(Continued from page one)

agitans, does not always correctly represent the symptoms, for in not a few cases paralysis is entirely absent and even muscular weakness can not be found, and in some cases at least, the agitation or tremor can not be detected.

The disease is sometimes called *Shaking Palsy*, the name which was applied to it by Dr. Parkinson in his original description of this disease. It is also sometimes called *Parkinson's disease* in honor of Dr. Parkinson who first described it in the year 1817.

In the past the disease by medical writers has usually been considered as a motor neurosis, that is, as a functional disorder of the nervous system, and not an organic disease. In recent times, however, evidence has been accumulating pointing to an organic base as the real cause for the symptoms presented in this disorder, and probably not far in the future the disease will be relegated to its proper place as an organic disease of the nervous system and not a functional one.

In time gone by this disease was usually considered of rather rare occurrence, probably because it was not always properly recognized and diagnosed. In recent times since the disease has been more thoroughly understood the number of cases which have been diagnosed as paralysis agitans in our own country seem to be more numerous, and at the present time it certainly can not be considered a rare disease of the nervous system, but one that is comparatively common and one which the physician frequently has to meet and deal with. In earlier times this disease was undoubtedly confused with other diseases of the nervous system that manifested similar symptoms, but in modern times since a careful study and analysis have been made by a large number of observers, the disease has come to be thoroughly understood so far as the symptoms, at least, are concerned, and the careful studies that have been made by a large number of careful observers and students have clearly defined the boundary lines of the symptoms of this disease and separated it distinctly from other disorders of the nervous system with which it was formerly confused.

CAUSES: The different factors that enter into the etiology which are active or supposed to be more or less active in causing this disease, are the following:

- (1) Heredity
- (2) Age
- (3) Sex
- (4) Race
- (5) Location
- (6) Occupation or Profession
- (7) Rheumatoid Arthritis and Rheumatism
- (8) Infection
- (9) Physical Injuries, Mental Shocks and Strains.

(10) Diseases of the Thyroid or Para-Thyroid Gland

(11) A Chronic Intoxication

It should not be understood by the reader that these causes are given in the order of their importance. Neither should it be understood that it has been definitely settled that all of the above mentioned factors are causes in producing this peculiar disease. In many cases some, if not many, of the above mentioned causes have not been proven positively to be a cause or even a factor in the production of this disease. Many of these simply represent different conditions and agents which have been suggested by the study of a large number of cases of this disease, as being possible or contributing factors in its causation. There are two or three things which may be depended upon as being active and positive factors in producing this disease. These are *heredity and a neuropathic state, age, sex, physical injury and mental shocks and mental strains*. These above everything else, so far as science is able to discover up to the present time, are responsible for this disease. We may now consider the above mentioned causes in detail:

(1) *Heredity:* Before considering this as a factor or a contributing factor in the causation of paralysis agitans, it may be proper for us at first to give a brief word of explanation in regard to what is meant by the term heredity. Heredity is used to express conditions that are transmitted from parents to offspring on account of some peculiarity of the original germ or germ cell from which every individual begins his life. If these original cells with which we begin our existence are healthy, vigorous, and have a good degree of vitality, then the individual which grows and develops from these two original cells will also probably be healthy, vigorous, and free from disease. On the other hand, if these original cells are weak and sickly, have little vigor and vitality, then the individual which grows and develops from them is liable to be sickly, weakly and may develop some disease of the nervous system such as paralysis agitans or some other disease of the nervous system. The heredity factor shows itself in various degrees and shades of quality of these original germ cells, and a peculiarity of these original cells, whatever it may be, is responsible in a large degree for the appearances of weaknesses and diseases which may show themselves in the individual later in life.

The hereditary factor is not very active in producing paralysis agitans, although it shows itself at different times and in different degrees as a study is made of a large number of cases. Erb, a German authority on diseases of the nervous system, found it present in about sixteen per cent of his cases. That is to say, he found paralysis agitans in the parents or grandparents of sixteen per cent of the patients that he examined. In the writer's experience this seems to be a rather large percentage of cases showing the same disease in the ancestors, and I am inclined to think this represents a larger per cent than is usually observed by American physicians who have an opportunity to study a large number of cases. However, it should be kept in mind that the hereditary element may not only show itself by direct transmission of this particular disease from parent to offspring, but it may also show itself by the presence of other nervous or mental disorders in the parents or grandparents or ancestors of the individual who may be suffering from paralysis agitans.

Cases of this kind are usually described as transformed neuroses. That is, where we have some nervous or mental disturbance in the parents, or grandparents and in the particular pa-

tient under consideration we have paralysis agitans. In a few cases other constitutional diseases such as diabetes, arteriosclerosis, Bright's disease, rheumatoid arthritis, may be found in the ancestors of the patient. These cases, however, are not numerous. Taking it altogether, heredity must be considered as a factor of some importance in the production of paralysis agitans, but a factor which is by no means very prominent in producing this disease. Sometimes several cases are seen in the same family. Erb reports four sisters in the same family who were afflicted with this disease. Lundborg has also recorded five cases of paralysis agitans in one family and several other members of the same family were affected with other nervous disorders.

(2) *Age:* Age is an important factor in the causation of paralysis agitans. That is to say, it is a disease that occurs almost always at a certain period in life. Most cases are seen in the latter period of middle life. Speaking in general terms, nearly all cases appear between the ages of forty and sixty-five years, and by far the largest number are seen between the ages of fifty and sixty. I have seen it begin myself in a man as old as seventy-five years in life and in another as early as thirty-one. These I think represent fairly well the two extremes at which the disease is usually seen, although Erb reports three cases in the twenty's, the youngest of which was twenty-eight years of age, and other observers have reported cases at twenty-six, twenty-one, nineteen and even seventeen years of age. These, of course, are unusual. In considering the element of age, of course, the important thing is to determine the age at which the disease begins. That is, the disease is a chronic and progressive one, and often extends over five, ten, fifteen, twenty or even more years of time.

(3) *Sex:* Most cases of paralysis agitans are seen in the male. In one hundred of my own cases seventy-one were male and twenty-nine were female. Other authorities, of course, report a varying proportion between the male and the female, but in all cases the male are in the majority. Two cases in the male to one in the female would represent, I think, nearly the correct proportion between the two sexes. The ratio reported by different authorities are 2 to 1, 5 to 2, 5 to 3, 3 to 2.

(4) *Race:* In regard to race, nothing very positive can be stated upon this point. However, some observations have been made by a number of different physicians. In our own country this disease is quite common among the native American stock; in fact, it is seen as often or more often among native Americans in our own country than among other nationalities of our own country. Its occurrence in the order of its frequency in different races as seen in our own country is about as follows: Hebrews, Irish and Germans. Race is therefore not a very important factor in producing this disease, it being dependent more upon the peculiarities of weakness of the individual rather than upon any quality that may be peculiar to any race.

(5) *Location:* This disease is quite as prevalent in rural districts and in small towns as in large cities, and this, by the way, is an evidence and support of the idea which is generally entertained by physicians who have studied this disease, that it is not a disease which is usually caused by vices or an immoral life. Many diseases of the nervous system are more prevalent in our large cities and the cause of this in many cases is not because the individual happens to live in the city, but because he lives in a place where he has acquired bad habits of living, and it is the bad habits that he has learned and has acquired in city life which are

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responsible for many organic and other diseases of the nervous system.

(6) *Occupation or Professions*: A large number of cases of paralysis agitans are found among the well-to-do and intellectual classes; that is, teachers, lawyers, physicians, and clergymen. Artisans furnish a large contingent to this disease. It therefore affects the educated and professional classes more than the laboring classes.

(7) *Rheumatoid Arthritis and Rheumatism*: Different forms of what is usually called rheumatism such as rheumatoid arthritis and the rheumatic diathesis are sometimes associated with this disease, and in other cases these diseases are found in the parents and grandparents of those who may be suffering with paralysis agitans. This association has been sufficiently often to be at least suggestive that there may be some relation existing between rheumatoid arthritis and other forms of rheumatism and paralysis agitans.

(8) *Infection*: This disease almost never follows the acute infections such as typhoid fever, diphtheria, measles, scarlet fever, influenza. There are some exceptions to this statement. A few cases have been observed following influenza, but these are very few. The acute infections, therefore, can not be responsible for causing this disease.

(9) *Physical Injuries, Mental Shocks and Mental Strains*: These are regarded by those who have made the most careful and most extensive study of this disease as the most important exciting causes. The physical injury may be in the form of a bruise, a break or contused or lacerated wound, or a burn, or any other form of severe physical injury to any part of the body. It is a curious and interesting fact that the disease often begins in the part that is injured. For instance, if the right hand or right arm receives a severe injury, frequently the disease begins in this member of the body. The symptoms of paralysis agitans always follow soon after the physical injury has been inflicted, that is, usually within a few weeks or at most a few months after such injury.

Under the head of mental shock are included all those sudden and unpleasant mental impressions such as fright, sudden fear, disappointment, etc. Under mental strain is included a group of unpleasant influences which are more continuous in their action—such mental conditions as worry, anxiety, apprehension. In fact mental strain seems to be more active in producing this disease than mental shock.

Sometimes a physical injury and a mental shock or mental strain are both active together in the same individual. In fact, it is difficult to separate mental shock and mental strain from physical injury, as they are usually associated together in the same individual whenever a physical injury is received. Both of these factors may be contributory in causing the appearance of symptoms of paralysis agitans. During and after the Franco-Prussian War and also during and after the War of the Rebellion in our own country a number of cases of paralysis agitans were reported as having appeared, and it is thought that possibly the cause of these was due to the fear, exposure, and from the physical exhaustion incident to army life.

(10) *Diseases of the Thyroid or Para-Thyroid Gland*: Some observers have found myxedematous or hard swellings in different parts of the skin in some cases of paralysis agitans. This symptom, together with the progressive character of the disease, has suggested the idea that paralysis agitans might be due to a disease of the thyroid gland. Others have thought it might be due to a disease of the para-thyroid gland. This gland is closely con-

nected with the thyroid gland in the neck, and treatment has been instituted consisting of giving the patient capsules containing an extract of the para-thyroid gland. I have used this treatment myself in a few cases with apparently some good results, but the results thus far obtained are not sufficient to prove anything conclusively with reference to the relation of diseases of these glands to paralysis agitans.

(11) *A Chronic Intoxication*: By this we mean the presence of poisons in the body for a long time. It has been thought that because of the progressive character of the disease it might be due to the presence of some poisons produced somewhere in the body. Just what the nature of these poisons are no one as far as I know has proven. Some have thought that it may come from a perverted or lessened secretion of the thyroid gland. As above indicated, others that it comes from the absorption of poisons from the intestinal tract, and the idea has also been put forth that it might come from poisons from some infection or following some infection of the body. The fact that the disease is a chronic one and tends to progress is a strong indication that it may be due to some poisons in the body. In the treatment of this disease it is well to eliminate all possible sources of poisons from the body.

(To be continued)

A PRAYER

GRANT us such grace that we may work Thy will,

And speak Thy words and walk before Thy face,

Profound and calm like waters deep and still:
Grant us such grace.

Not hastening and not loitering in our pace
For gloomiest valley or for sultriest hill,
Content and fearless on our downward race;

As rivers seek a sea they can not fill
But are themselves filled in its embrace,
Absorbed, at last, each river and each rill:
Grant us such grace.

—Christina Rossetti.

QUESTION BOX DEPARTMENT

EACH Monday evening Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. SHOULD the public schools take up the matter of health, and teach the children what to eat, and how to eat it?

A. Indeed they should, provided the bill of fare were right. But if the bill of fare were arranged by the ordinary school teacher, I am afraid it would not be any particular improvement and the children might be better off as they are. This matter of feeding school children, however, is a very important one that ought to be taken into consideration.

Q. What kind of food or drink will produce the right kind of acid for an apeptic stomach?

A. It is not food that is going to produce the acid for this stomach, although the food must be appetizing food; it must be tasty food that you relish. That is the sort of food necessary for one who makes too little hydrochloric acid; but food alone will not do it. The best thing is the outdoor life. The very same thing that will cure a person who has tuberculosis of the lungs, will also help a person who has apepsia.

Q. Should vegetables and fruit be taken at the same meal?

A. Yes, you can eat all wholesome food at the same meal. It is not best to have too large a variety. If one masticates his food very thoroughly, there will be no difficulty at all with fruits and vegetables, or whatever

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you eat, provided it is wholesome and good to eat.

Q. I have a craving for dates, and eat some at every meal, twice daily. Is this harmful?

A. It is perfectly wholesome. Dates are a wholesome, natural food. The Arabs live on them.

Q. If the hen is so unfit for food, why is her product, the egg, served here in the Sanitarium?

A. I will have to say about this, as Christ said of the Children of Israel, "Because of the hardness of your hearts." I do not know of any other reason. For really, the egg is quite unnecessary, I am sure; it does some people harm. I am satisfied the use of eggs is almost as bad as the use of meat, and the less you use the better. We do not use as many as we used to. It is astonishing how the appetite for eggs disappears when one chews his food well. Just try the experiment of chewing an egg real thoroughly, and you will see it will take only a very small amount of egg to satisfy your appetite.

Q. What causes us to breathe deeper during sleep?

A. We do not breathe deeper during sleep. Breathing during sleep is much more superficial than when awake and moving about, very much more superficial. The amount of air breathed during sleep is only about one-half that which one breathes sitting up, and less than one-seventh the amount one breathes while running; less than a quarter what one breathes when walking.

Q. If a person who is thin in flesh is put on an antitoxic diet and can not relish his food, and decreases in weight all the time, what would you do?

A. I would try psychotherapy. I would have a talk with him, and I would try to put into his mind such an antipathy to the things he ought not to eat, and such a beautiful picture of the things he ought to eat that it would change his mind; and after he got his appetite right, there would be no difficulty about his gaining flesh.

Q. When one suffers from insanity, what is likely to be the blood-pressure?

A. It may be high or low, either one. In mania it is low, and in melancholia it is high—just the opposite of what you think it would be.

Q. Are all the germs found in milk and eggs disease germs?

A. No, about half of them are.

Q. What are some of the effects of alcohol on the human body?

A. They are too numerous to mention; absolutely evil, nothing but evil, destructive, degenerative from beginning to end. Alcohol makes a person feel warm when he is cold; it makes him feel rested when tired; it makes him feel wide awake when he is sleepy and ought to go to rest; it makes him feel rich when he is poor. It is a deceiver altogether.

Q. What is the cause of sleepiness during the day?

A. Taking food into the stomach will often produce a drowsy feeling in persons who have too little blood, because it diverts the blood into the stomach and so draws the blood away from the brain.

Q. Is it necessary to provide protose or other substitutes if one abandons meat?

A. No, it is absolutely unnecessary. The ordinary foodstuffs contain protein sufficient. The only thing that is positively necessary is to eat a few nuts occasionally, a little handful of nuts; but for myself I find all the protein required in potatoes and rice and other foods of that description. I think there is quite enough in these foods without anything more.

Q. Is there any food value in bees' honey?

A. Yes, it has exactly the same value that malt honey has, about eighty-six calories to the ounce.

Q. Is buckwheat flour injurious?

A. No.

ARRIVALS

THE list of arrivals at the Battle Creek Sanitarium for the week ending November 1 is as follows: Dr. Wm. R. Dubney, Ohio; Mrs. Marion Ferrill, Mich.; Gertrude Brighton Yeoman, Mich.; Mrs. Charles A. Andrus, Mich.; Mrs. A. H. Williams, Chicago; Mrs. E. L. Truedale, Mich.; Miss Clara J. Ludlow, and Mrs. S. W. Godfrey, Mich.; William S. Haven, St. Louis; Mrs. H. T. Myers, Mrs. L. E. Gibson, and M. A. O'Connor, Chicago; J. H. Brown, Detroit; Miss Clara V. Rada-baugh, Ohio; Mr. and Mrs. W. J. McBurney, Mich.; H. L. Henrikson, Copenhagen; Geo. B. Landrey, Ind.; J. W. Daws, Chicago; Miss L. Sellers, Ala.; Mrs. Ira M. Miller and the Misses Mary and Grace Miller, Ohio; Chas. Peterson, Texas; L. J. Perring, Fla.; Mrs. R. S. Hauley, Kas.; Mrs. Lee McBride, Cleveland; G. E. Buchanan, Wis.; Mrs. W. H. Jones, Columbus; George Willis, Ohio; Dr. John Mac-

Willis and wife, China; Olive Anthony, Ind.; Ione Stannard, M. D., Mich.; Sadie Fisher, Cleveland; Wm. I. Fairleigh, and Talbott Fairleigh, Mo.; W. E. Hosler, Pa.; E. D. Woodruff, Ia.; Marion Cobb and daughter, Minneapolis; Mr. and Mrs. Frank L. Busey, Ill.; H. A. Hutchins, Panama; H. A. McKibben, Ont.; Mrs. M. A. Chapin and child, Mich.; Mrs. Augusta Melroy, Mich.; Julia Fowler, City; Lucille Johnson, Chicago; H. J. Rust, Ill.; Geo. W. Cliffe, Philadelphia; Mrs. J. C. Mint, Canada; Mrs. J. G. Schafer and Roland Schafer, Mich.; Jno. R. Baird, Okla.; Wm. Stechler and wife, Ia.; A. Vogel, Pittsburg; W. T. Stokes, Chicago; Mrs. M. C. Clokey, Ind.; S. W. Sparrow, Ga.; Mrs. T. L. Hauser, Chicago; C. E. Herriek, Ohio; Jno. H. Todd, N. Y.; J. H. McBurney, Pa.; Mrs. C. E. Ely, Mich.; Mrs. H. B. Brown, Ind.; Chas. Allen Hall, St. Louis; E. Biglow and wife, Ohio; Amos P. Foster and wife, Cincinnati; Ebel De Lane, Kans.; Mrs. Alfred Hertz, Mo.; B. H. Platt, Ohio; Dr. P. F. Gilden, Colorado Springs; Mrs. H. O. Bostwick and Mrs. Mattie King, Ohio; Geo. Wm. Leavitt, Wis.; Mr. and Mrs. F. M. Gregg, Ind.; Clara Lehmann, N. J.; James H. Kendall and family, Mass.; Herman Steinberg, New York City; Mrs. M. K. Fox, Minn.; M. F. McDonough and wife and P. A. Beechy, Chicago; J. E. Wooley, Calif.; Mrs. C. E. Wolfenden, Wis.; B. M. Hey and wife, Texas; L. Lane, City; Miss Mabel P. Bacon, N. J.; Maurice Kline, Ore.; M. M. Stone, New York City; Mrs. E. G. Zolina, Chicago; Marie Alice Clark, New York City; John Naylor, Detroit; Geo. M. Harrison, Mich.; W. B. Boulton and B. J. Smith, Manitoba.

News and Personals

D. M. Hey and wife, of Dallas, Texas, are among last week's arrivals.

C. W. Sparrow, of Blue Ridge, Ga., is among the recent arrivals from the South.

A. J. Grief and wife, of Porto Rico, are visiting at the Sanitarium for a few weeks.

R. H. Platt, of Columbus, Ohio, a prominent attorney, is resting at the Sanitarium for a few days.

Dr. Ione Stannard, of Petoskey, Mich., is among the physicians who registered at the Sanitarium last week.

S. Vega, of Dominica Island, West Indies, has entered the institution for a course of rest and treatment.

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**The Battle Creek Sanitarium School
of Health and Household Economics**

**BATTLE CREEK
MICHIGAN**

F. W. Thurston, of Chicago, Ill., has returned to the Sanitarium for further rest and treatment.

E. W. Hosler, of Meadville, Pa., is spending some time at the Sanitarium visiting his wife who is a patient here.

Mrs. M. K. Fox, of St. Paul, Minn., an old friend and patient of the institution, is again with us for a few weeks.

Mrs. C. E. Wolfenden, of Woneewoc, Wis., an old friend and patient of the institution, is again with us for rest and treatment.

Geo. W. Cliffe, of Germantown, Pa., treasurer of the Charlton Trust Company, is taking much-needed rest at the Sanitarium.

Miss Carrie Fyock, of Cleveland, formerly a member of the Sanitarium family, has been visiting Miss Hunter for a few days.

Mr and Mrs. J. H. Kendall, accompanied by their daughter, of Auburndale, Mass., are among the recent arrivals from the East.

Among the missionaries stopping at the Sanitarium for rest and treatment are Dr. John MacWillie and wife, of Wuchang, China.

Rev. J. W. McBurney and wife, of Fair grove, Mich., have been spending the past week here visiting their sisters, Doctors Kate and Jean McBurney, who are patients.

Mrs. Latton, of Alexandria, La., who spent some time at the Sanitarium during the summer, has returned bringing her mother with her for rest and treatment.

Cards are out announcing the marriage of Dr. Wilfred T. Grenfell, of the Labrador Mission, to Miss Anna E. MacClanahan. It is to take place in Chicago on the 18th inst.

Judge Richard Tuthill, of Chicago, is stopping at the Sanitarium for a few days. While in the city Judge Tuthill delivered a lecture in the Presbyterian church on the "Juvenile Court," which was largely attended.

Rev. H. L. Bassett, a missionary from Puebla, Mexico, delivered a very interesting stereopticon lecture in the gymnasium descriptive of that country. A collection of \$18.00 was subscribed for the purpose of purchasing an organ for one of the little congregations in his district.

Rev. J. H. Garrison, of St. Louis, Mo., editor of the *Christian Evangelist*, is spending a short time at the Sanitarium. Mr. Garrison has been attending the re-dedication of the Christian church in Ann Arbor and stopped here to visit his friend, Rev. Meggs, a returned missionary from China.

Mr. H. A. Hutchins, a former Sanitarium nurse, now connected with the government hospital at Panama in the Canal Zone, is having a six weeks' vacation, a portion of which he is spending with his friends at the Sanitarium. Mr. Hutchins reports a very interesting situation and that his health is as good as ever.

Dr. Harry L. Canright, whose American home is in Battle Creek and whose father resides here, is a medical missionary in Cheng Tu, China. Dr. Canright has succeeded in building a beautiful hospital for his work, built mostly, we understand, by means raised in that field through the gratitude of the Chinese people.

Dr. Canright will take a year's furlough next year and will spend a good share of his time with friends in this city, where he is sure to receive a hearty welcome.

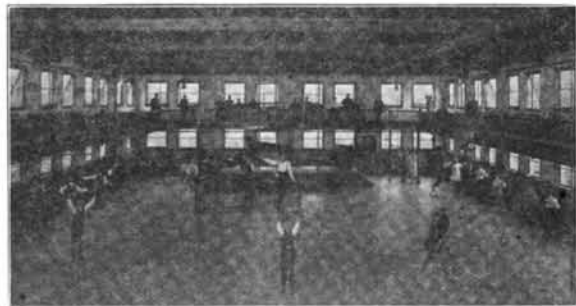
The Ministers' Association of Battle Creek and Marshall, together with the ministers of Kalamazoo and Albion, have, with their wives, been invited to take dinner at the Sanitarium on the first Monday in December. It has been the custom of the Sanitarium managers for several years to extend this courtesy to the neighboring ministers.

Doctors Jean and Katherine McBurney, from Tak Hing, Southern China, medical missionaries in that field, have been stopping at the Sanitarium for the past few weeks, where they were visited by two of their brothers accompanied by their wives, one of the wives remaining as a patient at the institution. These ladies have a very interesting work in China to which they are much devoted. Dr. Jean McBurney has started on her return journey and Dr. Katherine will remain at the Sanitarium for further treatment.

Another celebrated missionary resident at the Sanitarium for a few weeks is Dr. Maria White, of Kashmir, India, who twenty-five years ago went to that country single handed as a medical missionary. At first she met with the severest opposition at the hands of the superstitious natives who opposed her work by very unfair and cruel measures. But persevering she has at last won out and now stands at the head of a medical missionary work represented by four large brick buildings, a leper asylum, an orphanage, a branch hospital in another city, and a large itinerary of gospel and missionary work. This woman is evidently one of the heroes of the cross.

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Mr. Horace Fletcher will give a course of lectures on vital economics, and Mr. John F. Stapleton, formerly of the Yale Gymnasium, a special course on theory and practice of Swedish gymnastics.

The next regular term (new class beginning) opens January 3, 1910.

Any who are interested will be sent illustrated announcement with further details on request. Address:

The Battle Creek Sanitarium School of Physical Education
BATTLE CREEK, - - - MICHIGAN

THE BATTLE CREEK IDEA



Vol. II No. 49

BATTLE CREEK, MICH., NOVEMBER 12, 1909

Price 2 Cents

Shaking Palsy: Its Symptoms

An Analysis of Paralysis Agitans, by
Dr. Riley, with Observations Based
on a Large Number of Cases

(Continued from last week)

Pathology and Pathological Anatomy: Paralysis Agitans is a disease the pathological anatomy of which is not definitely understood. It

THE ART AND SCIENCE OF HYDROTHERAPY

Purpose and Methods of the Use of Water
in Curing Disease as Practiced
in the Sanitarium

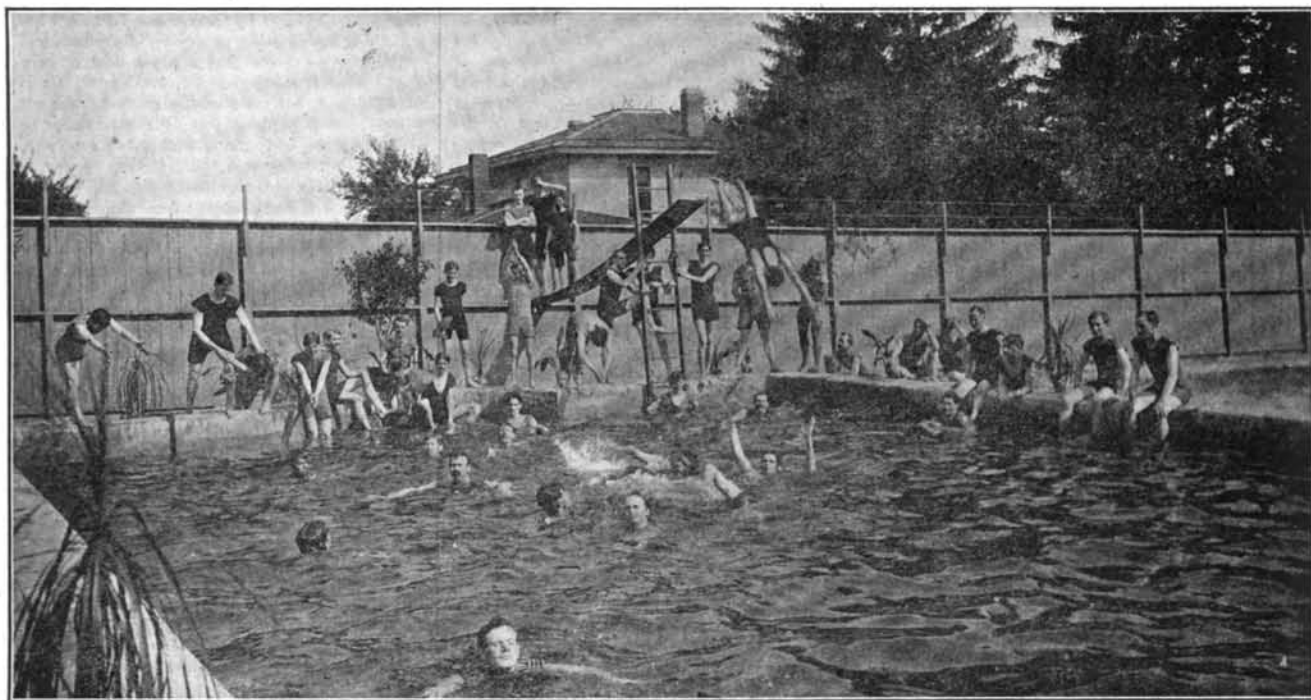
THE old idea of medicine has been that disease was an enemy to be fought and killed, or exorcised from the body. Not only have enlightened nations held this idea, but it obtains

The Truth About Sugar

Cane Sugar is Harmful, Says Dr. Kellogg,
But There Are Wholesome Sugars
to Take Its Place

THIS is really a very important subject, and one concerning which a great amount of error is entertained.

The sugar trust has certainly been very active



OUTDOOR HYDROTHERAPY. THE SANITARIUM SWIMMING POOL

has been regarded since its first description by Parkinson up to recent times as a functional disorder of the nervous system. More recently pathological changes have been found in the nervous system and in the muscles. The older investigators were unable to find any pathological changes whatever, either in the nervous system or in any part of the body, that would explain the symptoms of the disease. Modern investigators seem to be divided between the two classes with reference to their pathological findings. One class, the older investigators, were unable to find any pathological changes at all in the nervous system, while another class

(Continued on page five)

in all dark lands. In the depths of heathenism and fetishism we find this same thought that disease is the manifestation of the presence of some malign spirit, and the work of the doctor is to so torture the body or frighten the demon that it will leave its victim. To this end are all the excruciating horrors to which the sick are subjected, and the fearful din and incantations of the medicine man or witch doctor.

Civilization has obtained a more rational idea of disease, but instead of making war upon some demon spirit supposed to be responsible for the affliction, our doctors have made war upon the disease itself as it manifested itself in various

(Continued on page three)

in propagating the idea that there is nothing as good as trust sugar; that it is the most nourishing of all foods, the most full of energy, and the best calculated to support strength and labor. Experiments were made some years ago by the German government which are constantly cited as evidence of the truth of this statement. But I am going to tell you to-night something of the truth on the other side.

As a matter of fact, sugar is not a food at all. An animal fed on sugar alone would die just as though it were fed nothing at all. It is a food principle, and there is a great deal of difference between a food principle and food. A brick is not a house, but brick is building

material. Brick and mortar, iron, wood, and stone and various things put together in the proper way will form a house, but a brick is not a house, and a pile of brick would not be a house; yet a lot of brick associated with other material and builded into a house, would make a very comfortable shelter. So it is with sugar. Sugar is a material which may enter into, and may constitute a part of food. For example, foods are composed practically of three things: protein, the material that goes to make muscles and nerves; fats, which form adipose tissue, and carbohydrates to furnish heat and energy. Among the carbohydrates are starch, organic acids, dextrines of various sorts; and sugars.

There are various kinds of sugars: fruit sugar, found in raisins and other fruits; milk sugar, which is found in the milk of all animals; cane sugar and malt sugar. Malt sugar is the sugar which is formed by the action of the diastase of malt upon starch. A similar diastase is found in the pancreatic juice and in the saliva. In the body, diastase converts the starch into maltose in the same way; so maltose is a natural sugar, and is formed naturally in the body. We eat about a pound of starch a day when we live on an antitoxic diet, and that pound of starch is converted into a pound of sugar, and this is natural sugar. One can eat a pound of starch without its producing any irritation, because this pound of starch, when it is digested, is converted into maltose, which is a non-irritating sugar, a natural sugar for the body. The same is true of fruit sugar. The sugar of honey is non-irritating, it being fruit sugar, because it is found in flowers and fruits. The sugar of milk is non-irritating, because it is found in milk, which is a natural product.

But cane sugar is an irritating sugar; it is an unnatural food sugar, for it is found in foods which are not calculated for human beings. It is a grass sugar, contrasted with maltose, which is a grain sugar; with lactose, which is a milk sugar; with the fruitose, or fruit sugar, which is produced in fruits; so, there are three natural sugars which are perfectly harmless and perfectly amiable in their action to the human body. Contrasted with these, we have cane sugar which is found in the stems and leaves of the green plant; it is found in corn, in sorghum, in the sugar cane; and in a few fruits like the date, though when it is found in the date, it seems to be a mistake, because most dates do not contain cane sugar to any considerable extent. There are only a few varieties of the date which contain any large amount of cane sugar. In the normal date, the cane sugar is converted into fruit sugar, in the process of ripening; but there are certain dates in which this process seems to be lacking, and they contain cane sugar.

As I said, cane sugar is an unnatural human food sugar. It is found in the sap of the hickory tree, and the maple tree, and other trees; it is found in the sap of corn, grasses, and grass plants of various sorts, none of which are foods for human beings; but the sugar of those things which are natural foods for human beings—fruits of various sorts, honey, and the sugar of milk, and the maltose, or malt sugar, which is formed within the body itself—these are all natural and wholesome sugars which do no harm, and produce no irritation.

I will briefly review the process of digestion. I have already mentioned three of the food elements found in the body—the proteins, fats, and the carbohydrates; and there is a fourth, which is the salts. There are certain indigestible elements of food which we do not need to consider here. Five digestive organs digest these living principles of foods. The salivary glands secrete saliva which contains diastase

that converts starch into maltose. That is why a crust of bread becomes so sweet after being chewed a long time. If the food is chewed well, the saliva continues to act on it after it has gone into the stomach.

The glands of the stomach secrete gastric juice, which acts on the protein. The liver makes bile which is stored up in the gall bladder and poured down into the small intestine to digest fats. The pancreas lies behind the stomach, and forms a secretion which is poured into the intestines a few inches below the stomach. The pancreatic juice digests protein, starch, and fat. Thus these three elements, the starch, the protein or albumin, and the fats, are all digested by the digestive fluid which is produced by the pancreas.

Now, we have accounted for the digestion of all the food elements but the sugar. When cane sugar is found in the food, it passes the mouth and nothing is done to it; it reaches the stomach, and there nothing happens to it; the bile comes in contact with it, but no change occurs in the cane sugar.

It can not be utilized unless it has first been digested. If cane sugar is injected into the blood, it is all excreted into the kidneys just exactly as it was swallowed. So far, the cane sugar has undergone no change. It passes on down into the small intestine, and by and by it comes in contact with a substance in the mucous membrane of the small intestine which converts cane sugar into fruit sugar; and the only way we can ever make any use of cane sugar is by its being converted in the process of digestion into fruit sugar; so you see, if we eat fruit sugar in the first place it is already digested; but if we take cane sugar, it must be digested before we can utilize it. In the meantime, the cane sugar irritates the stomach. Professor Brand, an eminent German chemist, found that a ten per cent solution of cane sugar caused a dog's stomach to become very red, and a twenty per cent solution caused it to become intensely inflamed, and gave the dog much pain.

I have seen a great many candy-eating children, and I notice they always have pale faces, and that is because their stomachs are so irritated that they are not able to digest or assimilate the food properly; so they are suffering from anemia in consequence of it. I have met many people who are sick, perhaps suffering from gastric catarrh, because of injury done to the stomach by eating candy or sugar in some other form.

When one eats a couple of ounces of oatmeal for breakfast, it is almost all converted into sugar, yet some people are so ignorant they will put a couple of heaping tablespoonfuls of sugar on that oatmeal. That is heaping sugar upon sugar. As fast as the sugar is formed from the starch in the stomach, it passes over to the pyloric end of the stomach; then the muscles of the stomach contract, the pylorus opens, and the sugar is forced out in solution, and down into the intestines. These organs are supplied with large blood-vessels which become greatly distended when the stomach is so often irritated, by the presence of cane sugar, until by and by ulceration occurs; and the free use of cane sugar is unquestionably, in my mind, one of the causes of hyperacidity of the stomach, so-called acid dyspepsia, which does not mean fermentation at all, although gas is formed in the stomach sometimes in enormous quantities. This is not because fermentation takes place, but because an excess of acid is produced and the stomach becomes irritated.

The candy habit is getting to be something prodigious in this country. There are people who are actually candy inebriates. Some time ago there was a lady patient here who had a badly diseased stomach, and we could not un-

derstand at first what was the matter, but when visiting her one day I noticed in her room several five-pound boxes of peppermint lozenges, I said, "What do you intend to do with all these peppermints?" "Eat them," she said. It was no longer a wonder to me that she had gastric catarrh of a very bad sort, and was so wretched.

Jellies and preserves, sweet cakes, and sugar used upon the food, syrups upon breakfast cakes, and all sorts of sweets obtained from the sugar cane, are unwholesome. They have a bad effect upon the liver. There is a diseased form of the liver called "gin liver," but it might just as well be labeled candy liver, because an excess of candy overworks or embarrasses the liver as well as gin. We have a condition called beer drinker's kidney, but this might just as well be called a sugar eater's kidney, because the sugar which is taken in too large quantities is recognized in the blood by the kidneys, and the kidneys strain it out, and thus they are irritated. Cane sugar irritates the stomach, irritates the liver, and it irritates the kidneys, when it comes in contact with them; so the whole body is embarrassed by this irritating substance. Dr. Bishop, of New York, has called attention to the fact that cane sugar is extremely pernicious for persons suffering from high blood-pressure. It damages and irritates the kidneys and the blood-vessels as well; and in Bright's disease this is one of the worst things possible for a person to eat. The injury done to the kidneys by cane sugar doubtless has something to do with producing diabetes.

There is no doubt that a great deal of mischief comes from the use of cane sugar. It is called a food, but, as a matter of fact, it is not a food; it is a drug. It is true it may be utilized in the body along with other food substances; but it is not a whole food nor a proper food, and it is not capable of building up and nourishing the body when taken alone.

I want to call your attention to the contrast between cane sugar and maltose, a natural sugar. Cane sugar, while not well adapted to human nutrition, is intended for cows, who have stomachs which make a ferment that is especially adapted to converting cane sugar into fruit sugar, while human beings have no cane sugar stomach. Cane sugar injected into the blood is not utilized, but is carried out by the kidneys the same as any other poison would be; whereas maltose, injected into the blood, disappears, is absorbed into the blood itself and utilized, and is not carried off as waste matter.

Cane sugar is found in coarse roots and grasses and the sap of trees—the food of herbivorous animals. Maltose is found in foods designed for human beings and is produced in the stomach and intestines from foods containing starch.

Cane sugar is digested only after much delay and sometimes not at all, and is not assimilated when absorbed without digestion. Maltose is easily and promptly converted into fruit-sugar by intestinal digestion, and may be absorbed and utilized without intestinal digestion.

The power to digest cane sugar may be absent entirely. There are many persons of adult age who have not the power to digest cane sugar, and can not use cane sugar even in very small quantities without great trouble.

Cane sugar is an irritant to the gastric mucous membrane. Maltose does not cause irritation. Experiments were made upon this subject in the German army, and it was found that it was impossible to give a soldier more than two ounces of sugar without producing mischief. It was thought that the use of sugar would increase their capacity for work, but it was found that when cane sugar was used in larger quantity than two ounces it resulted in a decrease of work.

Cane sugar is highly detrimental in cases of diabetes, arteriosclerosis, and many other maladies. It contains no lime or bone-building salts, and is condemned by eminent authorities as a cause of rickets and bone deformities.

Professor Sherman, of Columbia University, called the attention of the world to the fact that in using carbohydrates as we find them in nature, for instance, by using sugar as we find it in fruits, in starch, carbohydrates, or in the cereals, we obtain the necessary salts associated with it. Thus we take the sugar in connection with other food principles, i. e., in the form in which nature produces it, and we have a full assortment of food elements properly arranged and in the rightful proportion.

If we eat starch in the form of cereals, the salts are right there with the starch; but when we take cane sugar, there is nothing but the pure sugar. The cane sugar has been separated by a process of crystallization; the sap has been expressed from the cane, and the sugar has been crystallized out of it, the salts having been all carried away in the waste liquor that has been discarded.

SCIENCE OF HYDROTHERAPY

(Continued from page one)

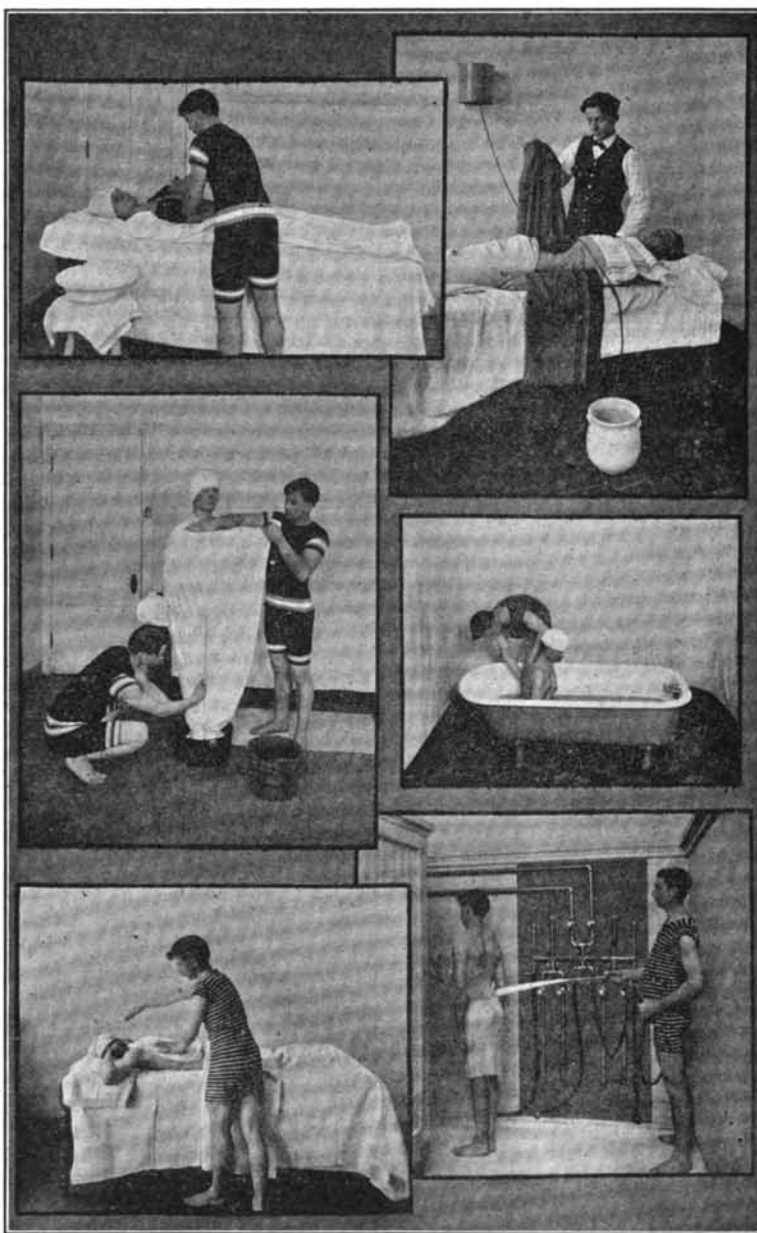
symptoms. The fact is that disease is not an entity that may be assailed and chased out of our house. Disease is but a comparative or relative condition of the body and its functions. Health may be said to be a state of normal bodily activity under normal conditions; while disease may be described as the condition of perverted bodily activity, under abnormal conditions. Health is the natural condition of the body, and disease is an unnatural condition of the body.

It is a self-evident proposition that the effort of the physician should be directed to the restoration of a normal condition of the body in order that there may be a restoration of the normal activities or functions of the body, and that will be the removal of the diseased condition and the restoration of health. In order to encourage good health we do not coddle and nurse the sensations of exuberant health, we nourish the conditions which we know produce good health. And that is the secret of true medication. It is simply to encourage and to assist in procuring those conditions which promote good health. As health comes in, disease will naturally disappear. The attempt to kill the disease by smothering the sensations of disease is a vain attempt, and is more than likely to leave the body broken down, discouraged, and more than ever unfit to perform its natural duties.

The body resists disease powerfully and successfully in its normal condition. The body is the only medium for promoting disease, and it is the only medium for combatting it. The body alone can exorcise disease, and it can do so only by substituting natural activities for unnatural activities. But in a weakened condition the body may not be able to do this without some assistance. This assistance medicine is supposed to give, and it should come in the form of natural aid and not in artificial means. The regulation of the circulation of blood, the control of the nervous system, the operations of digestion, the elimination of poisons, the assimilation of foods and all the vital work of the body is done by the body itself, and can be done only by the body. No medicine or drug on earth can digest food, or make blood, or circulate the blood, or perform any one of the many offices of the body.

But in order that the system may be able to do all of its varied and wonderful work in a

(Continued on page four)



PROCEDURES IN HYDROTHERAPY

This cut shows a few of the many applications of water in the treatment of disease. The first picture illustrates the Wet Sheet Pack. The second is the application of ice-cold water to the stomach, the water running slowly from the tank above to the jar below the couch. No. 3 shows the patient being wrapped in a sheet preparatory to a "pail pour" of water. No. 4 is the full bath. No. 5 is an application of the "fomentation" or local hot water pack. No. 6 is the "douche," which may be of any desired temperature.

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VOL. II NOVEMBER 12, 1909 No. 49

HEALTH AS A PERSONAL AND PUBLIC ASSET

How often we hear those who have lost their health regretting that loss, and saying that if they might only be well they would consider themselves fortunate, even though they possessed nothing else. We hear others observing that no one realizes the value of health until he has lost it. But it should not require any very astute perception to recognize the value of sound health by those who are in possession of it. It is very true, however, that most people are more or less oblivious to the value of their many blessings until they have passed away.

It is a fact that the possession of good health is not compatible with many practices to which people at large are addicted and to which they cling very tenaciously until health is sacrificed and then for the first time they awake to the fact that they have sold their best treasure very cheaply—a mess of pottage for their birthright. Human attainment depends upon the strength and wisdom of the individual. To a man or woman blessed with good robust health, and endowed with a good share of natural sense, there opens out a field of almost unlimited possibilities. Human determination backed up by genius and physical strength knows no bounds beyond which it can not extend its conquests. It hesitates at no obstacle, and in spite of every difficulty goes on, perhaps after repeated efforts, to triumph.

Physical vigor is one of the basic conditions upon which such conquests are made. The men who reached the North Pole did so on the basis of their great powers of physical endurance. And thus have most of the great victories of human achievement been won. Not only does physical health and strength serve as a basis for purely physical prowess, but for every other attainment. People whose vitality is low do not ordinarily excel in any pursuit. But robust health furnishes a powerful motive in any arduous undertaking. How much the world depends upon the health of the people never can be known or estimated except by valuing individual cases and taking an aggregation. It is not essential to the thought before us. But the very conception of a world in which there was no sickness furnishes a mental picture that is surprising in its irresistible power and overabundant energy.

The picture we actually see is a very different one. All around us are the sick and helpless.

We look over our acquaintances carefully, and we see but very few who are sound in health. Each one has some infirmity or more than one, which limits his power to achieve, and many are greatly crippled and circumscribed in their work. But when we succeed in finding a person who is able-bodied, enjoying perfect health and is active in the use of his powers, we have found a wonderful creature who stands next to divinity in the ranks of possibilities. And the addition of another individual to that one adds his full quota to the general sum of efficiency.

And it is only by fostering the health of the individual that we can increase our public asset of health and vigor. If we would do the utmost good to the world at large, let us begin by being good to ourselves, by securing for our use in the world that most priceless of all treasures, the best possible health to which we can attain. Perhaps some of us have forever forfeited the best that was in us, but enough remains upon which to build for the best within our reach, and in every case this is well worth while.

SCIENCE OF HYDROTHERAPY

(Continued from page three)

perfect manner it needs to be nourished and sustained in a careful and thoughtful manner. Among those things in nature which support and nourish the body are pure air, pure water, pure food, and proper voluntary exercise of the body by the individual in charge. Consequently, in these four principles, air, water, food, and exercise, we have the great medical agents for nourishment and restoration to health.

Hydrotherapy is the medical use of water. And the medical use of water does not consist in drowning out disease or in scalding or chilling the body so that the disease will leave. It consists simply in assisting the body to recover its equilibrium and the control of its own vital functions. When the body is incapacitated by some accident, or some unexpected obstacle, or under some unreasonable burdens thrust upon it by the unthinking person who inhabits the body, and is too weak to rise and carry on its accustomed work, it only needs to be wisely and thoughtfully assisted to a proper and adequate supply of its own resources in order to get about its work again, provided the injury inflicted upon it has not been too great for remedy. Water is one of the most powerful assistants to accomplish this end known in nature. As a tonic and a natural stimulant, nothing can equal it. Drug medication seeks to arouse the bodily activities by some irritant producing a spasmodic effort to eliminate the drug, and thus cause the resumption of vital activity, but the philosophy is evidently at fault. Water is not a stimulant, but a natural element, a food, by which the entire system is actually built up. It is an active depurant, eliminating the waste and an active depurant, eliminating the waste and poisonous matter. The body utilizes it for this purpose, hence to supply it is to furnish the body with the very element it requires. Its reflex influence upon the nerves is very marked, and is entirely natural. It may be used to soothe the disturbed nerves or to arouse latent nerve force to activity, and it does this without injurious shock or exhaustion. The vaso-motor system that controls the circulation of the blood is readily responsive to the application of water

either hot or cold. And indeed throughout the whole range of therapeutics, water, pure undiluted water, without mineral mixture or ingredients, stands ready at hand, furnished by springs, creeks, rivers, wells, and clouds, so abundant and so free, to take the place of all the artificial means that wrong ideas of disease have suggested in all the past ages since the days of Hippocrates.

A visit through the treatment rooms of the Battle Creek Sanitarium with careful observation of the methods there in practice will be a surprise to one not familiar with these facts. Water is applied in so many different ways and for such a variety of effects and with such pronounced results that it is astonishing that the world has been so long in ignorance of this powerful ally to health.

OH, one might reach heroic heights

By one strong burst of power;

He might emblaze the whitest heights

Of heaven for an hour;

But harder is the daily drag,

To smile at trials which fret and fag

And not to murmur nor to lag.

The test of greatness is the way

One meets the eternal Everyday.

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SHAKING PALSY

(Continued from page one)

claim to have found certain definite changes. In regard to these changes there has been quite a unanimity of opinion among the latter class, that is, the findings have been the same or nearly the same, by those who have discovered them. However, we are unable to say at the present time that paralysis agitans is caused by a definite lesion in any particular part of the nervous system, or any other organ of the body.

The pathological changes have been found in the tissues of the spinal cord and of the brain and nerve trunks and the muscles. The parts of the cord that seem to be usually affected are the cells in the anterior horn of the gray matter, the lateral columns and the posterior columns of the spinal cord. The parts of the brain that are affected are the motor nuclei of the medulla and pyramidal tracts, and lateral white columns. Further up in the brain changes have been found in the pons and the crura cerebri, and even in the cortex of the cerebrum.

The nature of the changes have been as follows: The blood-vessels have been found dilated, the walls of the blood-vessels thickened, the motor cells in the anterior horn of the gray matter of the cord and the cells of the corresponding motor nuclei in the brain have been found shrunken smaller than normal, pigmented cells, and in some cases openings in the cells may be seen, and in some instances the protoplasmic processes have been broken off and changed. The nerve fibres in the white matter and other parts of the cord and brain have been found shrunken, smaller in size than normal, and some authorities think that the fine end twigs of the nerve fibres which surround the motor cells in the cord are the parts of the fibres that are principally affected, these fine twigs being broken off or the contact in some way disturbed. The neuroglia or supporting tissue of the cord and brain has been found to be increased; that is, an increase in the number of neuroglia cells. This increase in neuroglia tissue may occur in small patches or may be quite general in any given area.

It has been thought by some that these changes are about the same as occur in the nervous system of the aged, but more severe in degree. However, senility or old age will hardly explain the symptoms that are found present in this disease, as there are but comparatively few aged people who have this disease, and it sometimes, at least, occurs in those thirty years of age or even younger.

In some cases there is a degenerative neuritis of certain nerve trunks, particularly in the arms and legs or in the parts that are most affected. This neuritis is probably a secondary process, and can not explain the symptoms that are present. It is not found in all cases.

In some cases there is found a fatty degener-

eration in the muscle fibres of the muscles affected. This is usually found in cases that have suffered for a long time with the disease. When one stops to think of the number of muscular contractions that occur in a period of fifteen to twenty years, or even more, in muscles that are contracting eight or ten times per second for twelve or more hours a day, it is easy to understand how this continued activity might in time wear out and exhaust the muscle and perhaps be the cause of a fatty degeneration in the muscle.

In regard to the nature of the lesion in the central nervous system, that is, in the spinal cord or brain, it comes under the head of a degeneration, affecting probably first the blood-vessels and later the tissues of the central nervous system. The nature of the lesion, the character of the symptoms, and the progress of the disease, all suggest very strongly the possibility of a toxin or poison circulating in the blood as being the cause of this disease. In fact, this view is held by many who have had an opportunity to study a large number of cases. Just where this toxin or poison comes from is not so easy to say. Some have thought that it comes from a perverted secretion of the thyroid or parathyroid gland; others think that it comes from an infection, and still others that it comes from absorption of poisons produced in the alimentary canal. No one, so far as the writer knows, has been able to find this poison or to tell its source, but as above stated, the nature of the lesion found in the nervous system, the character of the symptoms and the progress of the disease are all strongly suggestive of some poison which is constantly present and constantly active in producing this disease.

The pathological changes found in the nervous system or muscles do not help us very much in explaining the symptoms that are found present. We would hardly expect the tremor and muscular rigidity which is present in this disease to be due to any disease of the muscles or to what is usually called the lower motor neuron or the nerve cell and fiber which conducts the nerve impulse to the muscle from the cord. On the other hand, a lesion affecting the upper motor neuron or upper nerve cell would explain the muscular rigidity and the tremor, so the opinion of those who are best able to judge is that it is the upper motor nerve cell or motor neuron that is affected in this disease and that is responsible for the symptoms that are found present, such as the tremor and the muscular rigidity, but whether this motor cell is affected at its lower part, in the cord, in the medulla or higher up in some other part, no one has been able to tell positively. The nature of the disease is probably a simple nutritive disturbance at first. The presence of the so-called Parkinson's mask and the fact that tremor, in some cases at least, occurs in the head, in the jaw, in the muscles of the face and eyelids, also the distribution of the symptoms to one limb or one side, all these symptoms would indicate that the disease must be along the upper motor pathway in some part of the brain.

Symptoms: Paralysis Agitans is a disease that begins very insidiously, progresses usually uninterruptedly and continues for many years or even to the end of life. In a well developed case the symptoms are very conspicuous and easily recognized, and in such a case the disease is one that is easily diagnosed, even by the laity. Look at such a case now as the patient enters the room: His head is bent forward, his trunk is flexed forward at the hips, the legs are bent at the knees. His arms, held slightly away from the sides of the trunk, are bent at the elbow, his hands shaking by his sides. As he walks he does so with short, shuffling steps, his

legs quickly following to keep up with his forward bent body. When he sits down he does so slowly and deliberately. When he rises he moves only after a period of waiting as if to get ready to rise from the chair. He rises slowly, waits a minute as if to take aim, and then starts slowly to walk, his gait increasing in speed after he has advanced a few steps. When he wishes to turn about, he does so slowly and turns the whole body at the same time.

We might now study the symptoms of this disease further in detail, and when we come to analyze them carefully we find that they can be separated into certain groups:

First, we have what we might call the Cardinal or Principal Symptoms in the disease, consisting of—

- (1) Muscular Rigidity.
- (2) Muscular Tremor.
- (3) Muscular Weakness.

Secondary to the above and dependent upon them, we have peculiar attitudes and gaits, changes in facial expression and speech.

Second, we have the less important symptoms, such as—

- (1) Paræsthesias.
- (2) Sensations of Heat.
- (3) Aching Pains.
- (4) A Feeling of Fatigue.
- (5) Vasomotor and Secretory Symptoms.
- (6) Disturbances and affections of other organs of the body.
- (7) Mental Symptoms.

FIRST. Muscular Rigidity. The muscular rigidity is one of the very first symptoms to appear, and in many cases the only symptom which first appears in this disease. It usually shows itself first in the muscles of the hand and the forearm. Sometimes first in the muscles of the leg and in the foot, and at other times in the muscles of the neck and the head. Beginning locally and in one member as it does, it almost invariably extends upward from the distal part of the limb toward the trunk, and then to the other limb on the same side of the body, crossing the middle line to affect the limb on the opposite side. The disease thus extends into new territory until all four limbs of the body are affected by the muscular rigidity. The muscles of the face and neck and the muscles of the trunk are also affected. The muscles that are least and last affected are those of the back of the shoulders and back of the trunk. As the disease extends into new territory the parts first affected become more and more rigid so that as the disease advances and invades new parts it gradually becomes worse in the parts that are first affected. This muscular rigidity is responsible for some of the other symptoms of this disease. The muscular rigidity prevents the patient from using his muscles freely and is accountable for the slowness of his movements. It also is partially, at least, responsible for the muscular weakness which is sooner or later seen. The flexor group of muscles seems to be affected more than any other, and this accounts for the peculiar flexed position of the body with the head bent forward on the neck, and the trunk flexed forward at the hips, the arms flexed at the elbows and the wrists and at the metacarpo-phalangeal joint, which points the fingers forward at the hand while the phalangeal joints of the hand are usually extended. The knee joint is also flexed so that flexion of all the joints or nearly all of them is the rule. This gives the peculiar bent posture to the body when the patient is standing or walking.

This muscular rigidity also is responsible for the peculiar mask which the patient wears on his face. The rigidity of the facial muscles causes the furrows to disappear from the face and does not allow of the freedom of movement

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of the facial muscles which is present in the normal individual; consequently these people have a staring, blank expression on the face which is often described as Parkinson's mask. This muscular rigidity also affects the muscles that move the eyelids and the eyeball, so that these patients have sort of a staring expression in the eyes and they seldom wink. This is due to the fact that the muscles that move the eyeballs and the eyelids are rigid and are not easily moved by the will of the patient. When the patient wishes to look to one side or the other he turns his head or his whole body instead of moving the eyeball as is usually done in a healthy individual.

This muscular rigidity also accounts for the slowness of movement seen in walking or in moving the hands or arms. When the patient wishes to raise his hand or perform any movement of the arm this is made very slowly. As he walks his steps are at first very slow and soon become more rapid after he has advanced for a few steps. This rapid walking or running forward which is seen in these cases is usually described as a festinating gait and is supposed to be due to the fact that the muscular rigidity bends the trunk forcibly forward and produces a tendency to fall forward, and the patient to counteract this, rapidly runs in short steps as if to keep up with his center of gravity and prevent himself from falling to the ground. This muscular rigidity, therefore, is responsible for the peculiar posture, the peculiar gait, the peculiar blank expression, the slowness of movement and the apparent muscular weakness which is present in these cases.

This muscular rigidity varies greatly in different cases. In most cases it comes on at the beginning of the disease, is associated with the tremor to be described later, and it progresses and continues throughout the course of the disease. In certain cases the muscular rigidity and the muscular tremor come at the same time with about equal severity and continue together throughout the course of the disease. In other cases the muscular rigidity may be in excess of the tremor in varying degrees. The difference may be so great that the rigidity alone may be present where the tremor is entirely absent or nearly so, while in other cases the tremor may exceed the rigidity in varying degrees and the rigidity may only be present slightly or not at all. Some cases are described as the rigid form of this disease, while other cases where the tremor is well marked and the rigidity slightly present are described as the Tremulous form of the disease. There are other forms which are described also which will be noted later.

(To be continued)

A BUSY WORKER

DR. CAROLYN GEISEL, the field representative of the Battle Creek Sanitarium principles, is a busy worker. In addition to her duties in connection with the Sanitarium she bears several places of responsibility in connection with other branches of philanthropic work. For instance, she is chairman of the health committee of the Federation of Women's Clubs for Michigan; secretary for health for the Michigan W. C. T. U.; national lecturer for the W. C. T. U. in the Medical and Health Department; field secretary of the Anti-cigarette Society of Michigan, and field secretary for the National Anti-cigarette Society. Her duties keep her in the field most of the time, and the scene of her operation is a wide one, extending as it did last summer from Florida to Northern Michigan, and from the Atlantic to Denver. Doctor Geisel came to the Sanitarium some years ago as a patient. She is the daughter of a minister of the Gospel, but in her own experience she had

become something of an agnostic. While here she regained her health and her faith, and became an ardent lover of the principles for which the institution stands. Endowed with special gifts as a platform worker, she soon began to proclaim the principles of right living, physically and morally, in public, and for fourteen years has devoted her life and strength very largely to this work, giving up for it her medical practice.

During the Chautauqua season Doctor Geisel is engaged in going from one assembly to another in steady succession, and is unable to fill more than a fraction of the pressing invitations that come in for her services. In these assemblies she is usually accompanied by a demonstrator in hygienic cookery and hydrotherapy. Besides the public lectures, classes are held in cookery and other departments of health and hygiene for the home. When not engaged in Chautauqua work, Doctor Geisel is attending conventions, visiting schools and colleges, and delivering lectures here and there over the large field which her work embraces. For instance, here is a two-days' itinerary of last week: Wednesday at four in the afternoon, lectured at Omaha; Thursday morning, spoke in Chicago; at noon spent two hours at the Sanitarium; met a large committee at Jackson at four; lectured in Saginaw in the evening. Next morning spoke in Flint, in Lansing in the afternoon, at Adrian in the evening, and held a committee meeting in Tecumseh after the Adrian meeting.

We have seen an abstract of her annual report to the Federated Women's Clubs, and from it we learn that from October 1st, 1908, to October 1st, 1909, she traveled 31,422 miles, worked in twenty-one States, the District of Columbia, and Canada; spoke in 117 cities; attended fourteen conventions; addressed twenty-six Chautauquas; addressed forty-two Woman's Christian Temperance Unions, and forty-nine Woman's Clubs; addressed twenty-two schools and colleges; taught nineteen classes; conducted 151 Gospel meetings; delivered 402 lectures, wrote 1,861 letters, and distributed 49,800 pages of health literature. In

addition to the above, Doctor Geisel was instrumental in introducing and passing an anti-cigarette bill in the legislature, in the interest of which she delivered thirty-two lectures.

In view of the above, we say it is no wonder that at their last State meeting the Michigan Federation of Women's Clubs voluntarily and heartily adopted the following resolution:

"Resolved, That whereas the work of Doctor Geisel during the past year has excited our united amazement and admiration, that we, being proud of so honorable, unprecedented, widespread, far-reaching, invaluable and unselfish service to the State Federation and to all womanhood, extend to Doctor Geisel our heartfelt thanks."

The Sanitarium managers and family honor and love our faithful apostle and appreciate the remarkable work she is able to do. We value it not only for its inherent worth to the cause of truth and humanity, but also because of its remarkable testimony to the practical worth of the principles she sets forth. Doctor Geisel is not a prodigy of physical strength. She weighs generally less than one hundred pounds; she is of a highly nervous temperament, and throws her whole soul and sympathy into her work, so that it is extremely wearing and exhausting; her natural strength and endurance are small; and yet, look at the above list, and think of it! A strict vegetarian, though traveling abroad always, and at all seasons, living at places where flesh is the main dependence; discarding all stimulants, narcotics, and high-living, she goes on with this volume of work year after year.

This is not a piece of personal flattery, it is a testimony to the value and efficacy of right living, and if those who cling to the opposite theories desire further evidence of the practical working out of the Battle Creek idea, it can be furnished on these premises in a long chapter of personal experiences.

Those who follow that part of themselves which is great are great men, and those who follow that which is little are little men.—*Mencius.*

THE BATTLE CREEK SANITARIUM AND HOSPITAL TRAINING SCHOOL FOR NURSES, BATTLE CREEK, MICHIGAN

This institution offers a three years' course of instruction for women and two years for men. In addition to the usual subjects taught in hospital training schools, special attention is given to all branches of physiologic therapeutics, including hydrotherapy, radiotherapy, phototherapy, kinesotherapy, or manual Swedish movements, and massage.

Among other special advantages offered are laboratory instruction in bacteriology and chemistry, the use of the microscope, urinary analysis, practical course in cookery and dietetics, medical gymnastics, swimming, anthropometry and open air methods.

Applicants received whenever vacancies. The next class will be organized the first of April, 1910. For full information address

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THE WORK OF THE DISPENSARY

WE present herewith the tabulated report of the work of the Sanitarium Dispensary for the month of October. A glance at the items will show at once that this branch of Sanitarium activity is by no means neglected. Nearly one hundred families are being constantly visited by the nurses, who minister to their sick and extend the needy families help in food and clothing. As cold weather comes on, the diseases to which poor people are especially exposed become more numerous, and the work is consequently increased. There is a constant call for clothing, and the contributions of any who feel disposed to assist the dispensary in this work of clothing the needy will be gladly received at the dispensary in the College building.

The inside work is under the supervision of Dr. J. T. Case and Mrs. Dr. Helena Case. Outside visits are made by these physicians and Drs. B. N. Colver, A. W. Nelson, and other members of the medical staff who may perhaps be specially called. The amount of good that is being accomplished is not told in figures and never can be known in this world.

REPORT FOR OCTOBER

Inside Work

Patients enrolled	126
Consultations	443
Examinations	59
Surgical dressings	169
Office treatments	—
Operations	14
Bath room treatments	376
Massage	40
Phototherapy	155
Swedish mechanical	—

Out Work

Doctors' visits	15
Nurses' visits	117
Families visited	85
Visits discontinued	4
New families on list	15
Total number on list	102
Treatments given	35
Families assisted by clothing	56
Families assisted by food	15
Garments received	140
Garments distributed	136
Laboratory tests	52

THANK God every morning when you get up that you have something to do that day which must be done, whether you like it or not. Being forced to work, and forced to do your best, will breed in you temperance and self-control, diligence and strength of will, cheerfulness and content, and a hundred virtues which the idle never know.—Charles Kingsley.

ARRIVALS

FOLLOWING is the list of arrivals at the Battle Creek Sanitarium for the week ending November 8: J. H. Lareson, Mo.; Kate E. Ward, Mich.; Anna W. Erricson, China; Mr. and Mrs. Frank Dunn, Ill.; J. H. Hutchison, Iowa; Ithie Albrecht, Milwaukee; James McCut-

eon, D. J. Hopkins, I. N. Shephard and D. D. Schweir, Mich.; Mrs. Josephine Miller, Miss Pearl Miller, Dr. and Mrs. Elliott, Ohio; A. C. Zaise, wife and child, Iowa; Wilbur F. Crafts, Washington, D. C.; J. G. Reynolds, Mich.; Jno. McGunagle, Mich.; Mrs. W. McIntosh and Miss Ethel McIntosh, Mich.; J. M. Clark and Miss Kay, New York City; Anna Gleason, Ill.; Jas. O. Palmer, Mich.; Elizabeth Merritt, N. Y.; A. G. Woodburn, Miss Lucy Woodburn and Miss Flo Woodburn, Ill.; F. W. Rogers, Wis.; Dr. W. N. Haynes, W. Va.; Clyde Notman, New York City; Mary G. Henking, Ohio; Mrs. C. M. Bromwich, Boston; Mr. and Mrs. M. E. Muzzy, Delaware; C. C. McGuire, Mich.; Mrs. F. L. Gonlon, Detroit; Miss Violet Richmond, Ill.; J. F. DeLacy and wife, Ga.; Gusta Cigrang and Peter Cigrang, Mich.; M. Aakrann, N. Dak.; J. C. Coulson, Colo.; Mrs. Sadie Miner, Ill.; Ada Gundlay and child, Atlantic City; Judge Richard S. Tuthill, Chicago; E. Kosehek and Miss Wylie, Mich.; E. E. Hale and wife, Ohio; Mrs. A. M. Burton and Dr. H. L. Simpson, Detroit; L. B. Bailey, Toledo; Mrs. Mary Hawkins, Ill.; J. H. Willa, Texas; David Cox, Mrs. D. Cox and Geo. Schussele, Ill.; Mrs. Charles B. Harner, Ohio; Mrs. M. B. Bradner, N. Y.; Mrs. Pauline M. Bigelow and Miss Frieda Bigelow, N. Y.; Miss Ruth Bentley and Mrs. John R. Bentley, Mich.; Jae Wingle and daughter, Ill.; L. Orausky and wife, Des Moines; A. E. Sawyer, Mich.; J. A. Douglass and wife, N. Y.; Wade Watson, Pa.; Mrs. A. C. Schowalter, Buffalo; Mrs. Geo. M. Harri-

son, Mich.; J. R. Miller, Chicago; J. P. Swager, Va.; Mr. and Mrs. J. H. Sykes, Okla.; Mrs. Alma Farr, Chicago; A. W. Wasey, Detroit; E. E. Martin, Ohio; Inez A. Goodman, Philadelphia; H. C. Tunison, Ill.; Isaac Polack, New York City; J. H. Schaumlöppel, Ind.; Mr. and Mrs. Aug. Rosenberger, Kana.; A. H. Rosenberger, Ind.; J. W. Dows, Chicago; James O. Farr, N. Y.; Mr. and Mrs. D. F. Good, Pa.; Mrs. Clara Ely, Mich.; H. Hanson, Canada; A. B. Kenaston, Mich.; Mrs. Jno. Corrigan and Mrs. E. C. Gilbert, Ohio; Mrs. T. C. Cavanaugh, Mich.; F. H. Thompson and wife, Ill.; Mabel Long, Mich.; Mrs. Sadie Sellers and daughter, and Victor Sellers, Ind.; Mr. and Mrs. J. Newton Nind, Chicago; G. M. Palmer and wife, Minn.; M. VanCleve, Seattle; Helen A. Kennedy and Katherine Kennedy, Ill.; Mrs. D. M. Butt, S. Dak.; H. R. King, Seattle; F. M. Hickok and wife, and Jno. Van Dyke, Chicago; B. Hartman, Chicago; Jno. P. Harlick, N. Y.; Elizabeth Condit, N. J.; W. H. Taylor, N. Y.; S. Neiderfrunk and H. A. Dittmer, Iowa; J. L. Lincoln, Chicago; Mrs. L. B. Ebert, Chicago; L. A. Repp, New York City; F. B. Krusky and Mrs. F. B. Krusky, Brooklyn; D. J. McCall, Mich.

News and Personals

J. B. Krinsky and daughter, Miss Frances, are new arrivals from Brooklyn.

M. W. Van Cleave, of Seattle, Wash., is resting at the Sanitarium for a short time.

J. M. Clark, of New York City, is taking rest and treatment in the institution.

A. G. Woodburn, of Danville, Ill., entered the institution last week, bringing with him his two daughters, the Misses Lucy and Flo Woodburn.

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The Two-Year or professional course, intended especially for Dietitians, Lecturers, and Demonstrators, includes all the studies of the one-year course, and in addition Advanced Chemistry, Advanced Physiology, Sanitary Science, Bacteriology, and Hygiene, and Advanced English.

ONE SPECIAL FEATURE of this school is that students are given an opportunity to meet a large part of their expenses by work along lines which aid them in their studies.

**The Battle Creek Sanitarium School
of Health and Household Economics**

**BATTLE CREEK
MICHIGAN**

Mr. and Mrs. D. F. Good, of Lockhaven, Pa., are newly arrived guests at the Sanitarium.

Atty. J. F. DeLaey and wife, of Eastman, Ga., are among the new arrivals from the South.

Among the recent arrivals at the Sanitarium is Miss Anna W. Ericson, a missionary from China.

M. E. Muzzy, of Wilmington, Del., accompanied by his wife, is stopping with us for a few weeks.

J. P. Swogger, of New Wilmington, Va., a prominent real estate dealer, is a newly arrived guest at the Sanitarium.

Dr. W. N. Haynes, of Boomer, W. Va., spent a short time with us last week. Upon his return home, Dr. Haynes was accompanied by his wife, who has been a patient here for the past few months, during which time her health has been greatly benefited.

The sophomore class of the American Medical Missionary College left Monday morning for a six weeks' sojourn in Chicago, where they will be engaged in clinical and dissection work until the holidays, when we shall expect them to return. This leaves only the junior and freshman classes with us.

Dr. and Mrs. J. H. Kellogg entertained the medical students at their residence on the evening of the 6th inst. The occasion was made very pleasant and entertaining as well as instructive, as the gatherings at the residence always are. The numerous books and articles of interest collected from all parts of the world contribute largely to making such evenings profitable and interesting.

The attendance at the Sanitarium continues to be unusually large, the arrivals as indicated on our list this week numbering 137.

Mr. and Mrs. E. E. Hale, of Wilmington, Ohio, old friends and patients of the institution, are again with us taking rest and treatment.

The thirty-sixth annual meeting of the Kalamazoo District of the Woman's Foreign Missionary Society of the M. E. Church was held in the city last week in the First Methodist church. Tuesday evening was spent by the society at the Sanitarium as the guests of Doctor Kellogg. A dainty luncheon was served, after which the guests assembled in the chapel, where they listened to an interesting address by Dr. Kellogg.

The Sanitarium Literary Society met in the chapel on Wednesday evening, November 3, the topic being "A Woman's Life Work." A good program was rendered and the evening was enjoyed by a number of members and friends. A cordial invitation is extended to the Sanitarium family to attend these meetings, held on Wednesday evening of each week at 8 o'clock in the Sanitarium chapel.

Prof. E. M. Brigham, of this city, inaugurated the Sanitarium popular lecture course on Tuesday evening, November 9, with a stereopticon lecture entitled "A Trip Across South America." This trip was actually made by the professor, who crossed the southern continent in its broadest proportions through Brazil and the headwaters of the Amazon. Both the lecture and the illustrations were of an unusual degree of interest and were listened to with pleasure and profit by a large portion of the Sanitarium family assembled in the chapel.

The Nightingale Jubilee Singers, a celebrated troupe of colored musicians, entertained the Sanitarium family very pleasantly late in the afternoon of Wednesday, November 3.

Among the patients who have returned to the Sanitarium for further rest and treatment, we note the following: J. P. Herrick, of Bolmar, N. Y.; J. Newton Nind, of Chicago; J. W. Mills, of Pittsburg; Mr. and Mrs. Frank K. Dunn, of Charleston, Ill.; H. K. MacKibben, of Port Arthur, Ont.; and J. H. McBurney, Canonsburg, Pa.

The Sanitarium pulpit was occupied on last Sabbath by Mr. A. J. Steele, superintendent of the City Rescue Mission, who delivered a short and effective address upon the principles of the Gospel work, alluding to his own experience and that of others. A collection was taken up for the benefit of the mission amounting to \$60. We are pleased to state that the work of the mission is very encouraging to its promoters. Much good is being done not only in the mission hall, but through the visits of the mission workers in the homes of the sick and poor.

During the last week the Sanitarium was visited by Rev. W. F. Crafts, of Washington, D. C., Superintendent of the International Reform Association. Dr. Crafts spoke in the Presbyterian church in this city on one occasion, and on the evening of November 4 delivered in the Sanitarium parlor his inimitable lecture on "That Boy and That Girl of Yours." The meeting was well attended and the lecture was replete with practical and useful thoughts in regard to the culture of children and the influence that children exert upon life in the home. Dr. Crafts expects to return to the city sometime next spring to spend a few days at the Sanitarium.

Battle Creek Sanitarium School of Physical Education

Gymnastics—German and Swedish; Dietetics; Massage; Hydrotherapy; What to do in Accidents, Emergencies and Common Maladies; Medical Gymnastics. Anatomy and Physiology; Chemical and Anatomical Laboratory work; Large Indoor and Outdoor Gymnasium and Swimming Pools.



Large Faculty of able teachers and trainers. Course one year. Tuition full year, \$85.00; Board and Room, \$3.00 to \$3.50. A number of students may pay their way in work.

Mr. Horace Fletcher will give a course of lectures on vital economics, and Mr. John F. Stapleton, formerly of the Yale Gymnasium, a special course on theory and practice of Swedish gymnastics.

The next regular term (new class beginning) opens January 3, 1910.

Any who are interested will be sent illustrated announcement with further details on request. Address:

The Battle Creek Sanitarium School of Physical Education
BATTLE CREEK, - - - MICHIGAN

THE · BATTLE · CREEK · IDEA



Vol. II No. 50

BATTLE CREEK, MICH., NOVEMBER 19, 1909

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Shaking Palsy: Its Symptoms

An Analysis of Paralysis Agitans, by
Dr. Riley, with Observations Based
on a Large Number of Cases

(Continued)

Changes in the Voice and Speech: The
voice and the speech are usually changed in

SANITARIUM DIET--- WHAT IT IS LIKE

What the Sanitarium Gives Its People to
Eat—No Starvation Regimen—
Good Food and Plenty of It

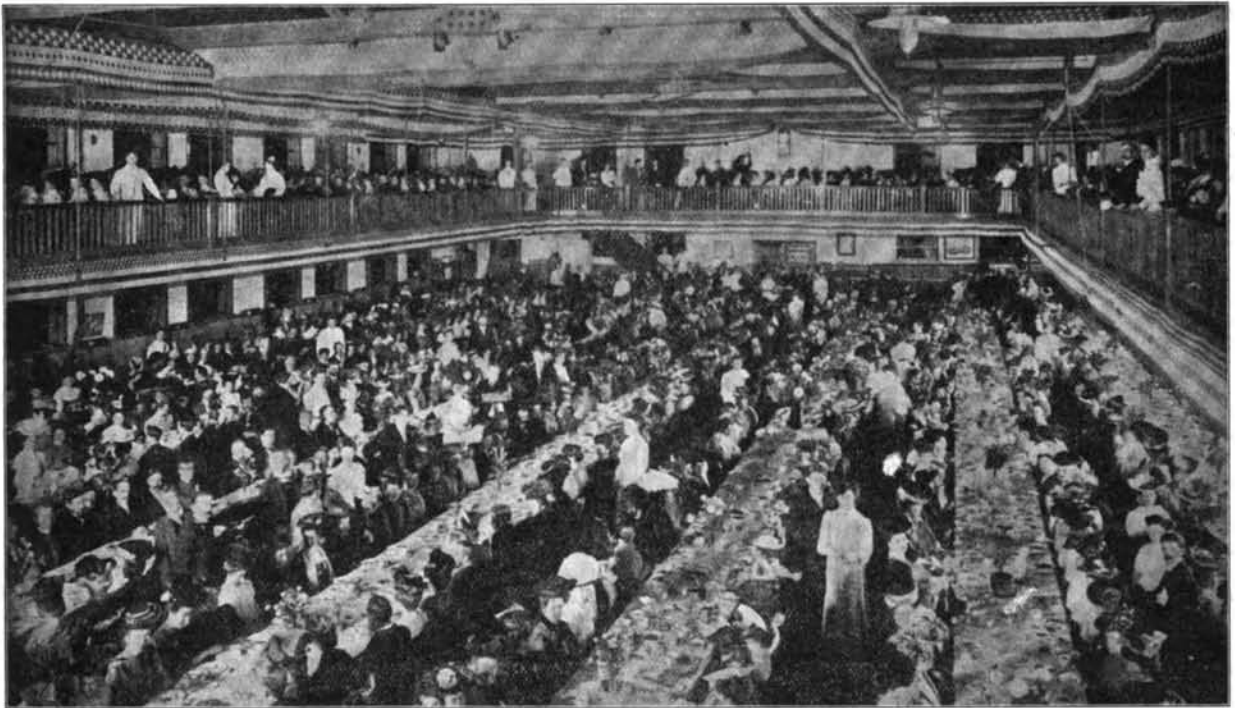
ONE thing that deters some people from
coming to the Sanitarium for relief from
their sufferings and infirmities is the fear

The Blood Cells and Their Work

The Office of the White Cells and How
They Are Multiplied in
the Body

(A Lecture by Dr. J. H. Kellogg)

THE blood is the most wonderful tissue in
the body—a fluid tissue which circulates all



FEEDING THREE THOUSAND THREE HUNDRED MICHIGAN SCHOOL TEACHERS AT THE SANITARIUM

some manner in most cases of Paralysis Agitans. In many cases the voice is weakened so that it is an effort for the patient to express himself in speaking, and lawyers, clergymen and public speakers are sometimes obliged to give up public speaking on account of the weakness of the voice. An examination of the vocal cords by a physician will sometimes show that the vocal cords in the larynx are stretched and tense, and in a few cases there has been observed a tremor of the vocal cords similar to that which af-

(Continued on page five)

that they will be "starved to death." The best advice we can give to any one who is under such an impression is to come and see. A glance at the well-filled tables at meal-time, and then a view of the avidity with which the guests receive the healthful, clean, well-cooked and inviting viands will quickly dispel any misgivings one may have received from unfounded rumors that float about, with no more foundation in fact than the fleecy clouds above us.

It is well known and universally acknowl-

(Continued on page two)

through the body, a sort of traveling market in which every tissue finds the things it needs, and pays for what it takes from this circulating market in the worn-out residues of the tissues.

There are two kinds of cells in the blood, the white and the red. The white cells number about 7,000 in a minute drop no larger than the head of a pin, which would contain five millions of the red ones. But the white cells are very important. There are small and large white cells, some with single nuclei, and others with multiple nu-

clei. Some of the smaller ones have for their work the capturing of the microbes or germs which are constantly invading the body. The larger ones are scavengers, and their work is to dispose of the minute waste particles of tissue that accumulate in the body. They have the spleen and the lymphatic glands for a sort of rendezvous, where they undergo some repairs, perhaps, when they are in need of repair. If it were not for these white cells in the body, we should succumb to the first attack of infectious disease.

An outdoor life is necessary for a person suffering from tuberculosis because it encourages the development of the white cells. Cold baths also encourage the production of the white cells. If a person takes a short hot bath and follows this by a short cold bath, half an hour afterward the blood will be found to have thirty per cent more of these white cells than before the bath. Suppose you could increase your wealth thirty per cent in half an hour, how often you would be bringing that method into requisition. The cold bath does that very thing. These white blood-cells are the most valuable asset we possess, because they form a barricade that stands up between us and death. When typhoid, tubercle, or pneumonia germs assail us, these white cells swarm out in countless numbers to defend us. So in typhoid fever we give cold baths, not simply to lower the temperature—that is the smallest consideration—but to stimulate the production of these white cells, for in typhoid fever particularly these cells disappear, and diminish in number because the poison of the disease prevents their growth and development.

The same effect is produced by cold air. That is why staying outdoors is so helpful in pneumonia. In New York hospitals they arrange places on the roofs, where in the very coldest weather they keep their pneumonia patients. There are babies not more than two years old, bundled up with hot water bags and furs to keep them warm, so they can breathe the cold air, and nurses wrapped in furs with them. The white cells are so numerous in pneumonia that we can almost diagnose this disease from that fact. For instance, if a person has 7,000 in a cubic millimeter of blood in a state of health, within two or three hours after being attacked by pneumonia he will have 20,000 white cells, and the next day he will perhaps have 100,000. The rapidity with which these cells grow is amazing. Several billions may be produced within twenty-four hours.

If I had a serious disease of any sort, I should go outdoors and stay there; because the same thing that helps a person that has tuberculosis or pneumonia will help in any other disease. It is the blood that cures; never forget that. It is not medicine, nor baths, nor diet, nor climate that cures; it is the blood.

Doctor Wright, of London, and Professor Metchnikoff, of Paris, have done more than any others to make clear certain functions of those cells which destroy bacteria. I asked Doctor Wright what medicine would encourage the action of these cells, and his answer was, "There isn't any such medicine. Every medicine that is known will diminish

their activity and lessen their ability to work." His experiments show that nicotine does more harm than any other.

Doctor Wright discovered, a method by which he could take a drop of blood, put it under the microscope under certain conditions, study it and find out just what that blood was able to do, just how well it was able to fight germs; and that is what is known as the opsonic index. For instance, the tuberculo-opsonic index is a number which indicates the ability of the blood that is being examined, as compared with healthy blood, to fight against tubercle germs. Of course, the normal would be 100. When a man's blood is only half as able to fight as it ought to be, his opsonic index would be fifty. I felt rather proud a while ago when I had my blood examined and found it was 200, because when I was a boy I was consigned to a consumptive's grave. A number of my relatives died of consumption, and I lived in an atmosphere of consumption. I was a puny boy, had a cough, and everybody felt sure I would not live long; but when my tuberculo-opsonic index was found to be 200, twice above the normal, I made up my mind I should die of something else. A man whose tuberculo-opsonic index is zero will die of tuberculosis in a short time. In such a case, when the attack comes, the germs have nothing to do but to swarm in and take possession. The opsonic index depends upon the number of the white cells contained in the blood and their power to destroy germs of disease. Were it not for these little creatures we should soon be destroyed.

Then, it is a reasonable proposition that anything which will encourage the growth of these cells and strengthen them for their work is a highly important thing for us to consider, and anything that will damage their efficiency is a thing we ought very carefully to avoid.

Now, nicotine is one of the very worst things possible for a person to take into his body, whether he smokes a pipe, a cigar, a cigarette, or chews tobacco, or inhales the smoke which somebody else has cast out, which is really the most disagreeable thing I know of.

I want to emphasize the importance of the cold bath, which increases the number of white cells in the blood. That is why we recommend a cold bath on rising in the morning. With it you are better prepared for your breakfast, for, with the breakfast come germs, because when you take your breakfast it brings the blood into the stomach and bowels, and the blood is circulated through the walls of the intestines, and it gathers up a great number of those bacteria which are in the intestine; so they are brought into the blood in great numbers, and that explains why after any meal there are always more of these white cells to be found circulating around than before. It is a good thing to sleep in the fresh, cold air at night, because every breath you take into the lungs is a cold bath, and we breathe a thousand times an hour. We have 2,000 square feet of lung surface, under which the blood is circulating, and when we take a breath of cold air we get a cold bath over that 2,000 square feet of lung tissue charged with

blood. That is why sleeping in the cold air is so important. Don't forget, winter and summer, every night, to throw your windows wide open, so the air can circulate freely through your room. In the daytime get out of doors as much as you can.

If we take good care of the blood we shall take pains to drink several quarts of water every day so as to keep the blood washed. Then eat fresh fruits, something raw for every meal. Not raw potatoes, wheat, oats, corn or other food for herbivorous animals, but something fresh, like lettuce, or the tender inner heart of cabbage, or apples, or other fruits. There is something in these raw juices that is essential. Babies get scurvy when they are fed on sterilized milk alone, because they need these uncooked juices, and if you are going to feed a baby on sterilized milk, give him the juice of an orange every day. Sailors get scurvy, not because of their salt diet altogether, but from lack of raw foods. See what awful things happen to them—ulceration of the gums, teeth falling out, and the whole body falling into decay; yet, as soon as they get raw fruit, a few limes, raw cabbage, any kind of fresh, raw vegetables or fruits, they get well. I knew a man who actually saved himself from death by scurvy, when all of his comrades were dying of it, by digging away the snow and getting the grass buried down underneath and eating it. Be sure to avoid beefsteak. Meat decays. That portion which is undigested and unabsorbed lies decaying in the intestines, and this putrid material absorbed into the blood discourages the living cells and encourages the growth of germs in the tissues. This is the great cause of intestinal auto-intoxication, which has come to be so nearly a universal malady in all meat-eating countries. Out of this chronic poisoning comes Bright's disease, arteriosclerosis, apoplexy, premature old age, and most of the chronic maladies which are increasing so notably in recent years.

SANITARIUM DIET

(Continued from page one)

edged that the great majority of ills from which men and women are suffering to-day are directly attributable to errors in diet. The choice of foods, the manner of cooking, the manner of eating, the amount eaten, the heedless combinations of food substances, without regard to the requirements of the system—these and other faults are largely responsible for the distress and weakness of the human race to-day.

No wonder, then, that in an institution that is scientifically and conscientiously conducted for the healing of the people, special attention should be given to the matter of diet. The only way to purify a stream is to go to the fountain. So with disease, it can only be stayed by going directly to its sources. If the tables of the people have become a snare to them, as the psalmist prayed might be the case with the wicked, then it is time the people knew the dangers to which they are constantly exposed in their own homes, and especially as they go abroad

to the more elaborate feasts that are spread in hotels and banquets.

It is the purpose of the Battle Creek Sanitarium to provide for its patrons and helpers a bill of fare that is the most nourishing and healthful that can be procured. To provide this, every available country is laid under tribute. Not only must the food be nutritious and in every way wholesome, it must also be attractive and appetizing. The sight and smell of the food must create a sensation of pleasure such as will excite the flow of "appetite juice" and put the stomach in readiness to receive and appropriate that which is to be sent to it.

Consequently, much pains are taken in the selection and preparation of the food for the Sanitarium tables so that its very appearance, and its taste as well, may create a healthy gust. How well these efforts succeed is known only to those who have personally visited these tables and witnessed their neat and tasty appearance, have observed the superb way in which the foods are served, and the abounding evidences of cleanliness everywhere displayed, and experienced the joy of eating food that is cooked in the highest perfection of the art.

That our readers may know how the Sanitarium bill of fare averages up we present herewith the menu of the dinner for yesterday, November 14. We do not select this particular date because it is anything special, indeed the writer has not seen this particular menu, and will take it on a venture of its being representative:

Cream of Corn Soup	Savory Potato Soup
Protose Fillet	
Nuttolene Fricassee	Rice a la Carolina
Baked Potatoes,	Brown Sauce
Mashed Potatoes	Green Peas
Fresh Spinach	Fruit Salad
Whole Wheat Bread—1 slice	Celery
White Bread—1 slice	
Entire Graham Bread—1 slice	
Breakfast Toast—2 pieces	
Toasted Granose Biscuit—two	
Toasted Rice Biscuit	Fruit Buns
Nut Butter	Dairy Butter
Cherry Sauce	Pear Sauce
Apple Juice	Malt Honey
Caramel Cereal	Grape Juice
Cream and Milk	Sugar
Certified Milk	Sanitas Cocoa
Yogurt	Hot Malted Nuts
Cottage Pudding,	Orange Sauce
Tokay Grapes	

It will be noticed that there is an absence of flesh-foods, and of all that is artificial and stimulating. The most pleasing flavors known to a natural taste are those that are natural to the foods themselves. Nothing can improve the natural aroma and taste of the bread, the vegetables, the nuts, and fruits we eat. Anything that is added to give pungency is wholly superfluous, and almost without exception those substances so added are deleterious and harmful. They pervert the sense of taste and in the place of a natural relish for simple food as God gave it to us, they substitute an abnormal craving for that which is unreal and positively pernicious and injurious to health. How many there are who, having loaded their plates with food, begin to look around for the pepper castor,



MAIN DINING ROOM

the vinegar bottle, the pepper-sauce, or the Worcester-sauce, or the chutney, or chili-sauce or chow-chow, or something that will cause a smarting sensation upon a mucous surface of tender cells and glands already seared and burned into insensibility and inactivity. Such persons have no fine sensations of taste. That which is simple and natural is insipid, and nothing now awakens their relish unless it be some fiery, biting substance that, as one man expressed it not long since, "gives the palate a twist".

Such things not only twist the palate, they twist the whole man before long. They twist the stomach and the nerves, and in many cases they almost twist the man's head off before he gets them out of his anatomy. The Battle Creek Sanitarium is a great protest against such customs in eating. It warns people by practice and preaching to desist from such suicidal ways of living. Some laugh and mock, some pay good attention and see the reasonableness of this system, and some only learn by doing.

Another defect in the popular method of feeding is the carelessness of the people in providing the proper proportions of the elements necessary for the nourishment of the body. Of the three principal food elements it has been ascertained that the body needs about six-tenths of its food to be carbohydrates, or heat and energy producing mate-

rial. Three-tenths should be fats, and but one-tenth should be protein or muscle-building material. This is according to the conclusions reached by Professor Chittenden, and is known as the "low-proteid diet." The number of heat units required by the ordinary sized person per day is from 2,000 to 2,200. The consumption of meat increases the proteid elements beyond that which the body can utilize, and the result is the accumulation of poisons in the kidneys and liver, and the blood. The flesh also is liable to pass from the stomach undigested, and is allowed to decay in the intestines, where this putrid matter produces myriads of germs that create disorders, not only of the digestive tract, but of the general system as well, bringing on premature old age and numerous ills. Therefore, and for several other good and valid reasons, flesh foods are not found in the Sanitarium dietary.

There are plenty of flesh-building foods always within reach of those who do not approve of the low-proteid diet, but it is of the most healthful quality, such as is calculated to furnish the very best tissues to be obtained.

The almost universal testimony of those who sit for a time at the Sanitarium tables is heartily in favor of the food there found. The patients and guests enjoy it, and are always on hand to do full justice to the menu.

Battle Creek Sanitarium Periodicals

Three journals are published at the Battle Creek Sanitarium:

The Battle Creek Idea (Weekly).....	\$1.00 per year
Good Health (Monthly).....	1.00 " "
The Medical Missionary (Monthly).....	.50 " "

These papers will be combined at the following prices:

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VOL. II NOVEMBER 19, 1909 No. 50

DOES IT PAY?

This is the question with which we are wont to test any proposition that is put up to us. And upon the answer we are very apt to hinge our acceptance or rejection of it. This is good enough policy. An unprofitable enterprise or investment is only a source of disappointment and anxiety, and is sure to end in loss and sorrow. It is only with the thing that pays that we can afford to spend our time, so it is well to inspect everything that presents itself for our consideration with that criterion in view—does it pay? What has it for me? What shall I get out of it?

We must first come to understand, however, that money is not the only standard of value in the world. The real value of a thing is not always expressed in dollars and cents. There are things of the utmost value that can not be bought for money, no matter how great the price one is willing to pay.

Money does not purchase peace of mind, or purity of character. Money can not buy innocence, or satisfy the demands of conscience. Money can not purchase good health, nor give immunity from the many ills of life. And yet, the things we have mentioned are the really valuable things of life. Money is of no account whatever except as a medium of exchange. The value of money is altogether in its purchasing power, and yet when put to the test, we are chagrined to find that our dear dollars are good for nothing as an exchange for the most valuable and cherished things to be had in the world. Money is not the price of love, nor can it be traded for virtue. Money is not a substitute for character, though it is often used as a thin shield for reputation.

So we see that we can not test every proposition with the question, Does it pay in dollars? On one occasion the writer visited the celebrated Uffizzi Gallery in Florence, one of the most precious collections of works of art in the world, if it be not even the superlative of value. The old man in charge mistook his visitor for an Englishman, and began to show his contempt for the Yankees who came there and almost invariably wanted

to know how many dollars this and that picture was worth. "Dollars!" exclaimed the man; "dollars for those pictures! Why, those pictures are the very kingdom. Name the price of the crown in dollars or value the throne as well."

The very sordidness of the thought was too much for the old man's mental equilibrium. He could not sufficiently show his contempt for such a thought as the association of those revered gems of art with dollars.

There are other things in life that are even farther away from the realm of money than are the art treasures of Italy. And yet, precious and invaluable as they are, they are within the reach of every one; and the price of them is simply a good sound quality of self-denial and self-restraint. The self-controlled man may reach almost any height of attainment in the things that are most excellent and precious. Health, length of days, honor, peace, purity, love, esteem, and gratitude,—these and many other rich possessions await the man or woman who is willing to put under foot the demands of sensual gratification, of selfish indulgence of a self-centered life and live for the things that are noble, and true and grand.

Does it pay? Ask history if any great deed has been done, if any great object has been achieved, without self-denial and self-control. And then ask, Have the victories and progress of the past paid? Have the conquests of truth, the spread of light, the uplifting of the race, and the saving of the people paid? Does it pay to win the crown of faithfulness?

THE MARRIAGE OF DR. GRENFELL

This week marks a social event of more than usual interest, one which is attracting the attention of the country and the world at large. The marriage of Dr. Wilfred T. Grenfell, of the Labrador Mission, to Miss Anna MacClanahan, of Chicago, was celebrated on the 18th in Grace Church, Chicago. The bride is a lady of culture, having been graduated from the Bryn Mawr University in the class of 1906, and having subsequently traveled extensively in the Old World. She is accustomed to a life of comfort and even luxury, but in her new relation she faces an altogether different experience, one which requires bravery and fortitude to meet even on the part of those of the sterner sex.

Yet we find it in our hearts to congratulate both Doctor Grenfell and his bride. The reasons for congratulating the happy husband are apparent enough. Life in the dreary North will be a very different affair with such a companion in that lonely existence amongst the poor and benighted people to whose welfare he has given his life. We are able to congratulate Mrs. Grenfell because of the heroic choice she has made with a full knowledge of what it means to her. She is

to be congratulated on having the opportunity to devote her all to a work upon the shoulders of which rests such a burden of love for a neglected people, exposed to the most rigorous of earth's hardships and deprivations. She is to be congratulated that she has the privilege to stand by the side of one of the great heroes of Christian missionary effort, a man who in that desolate region goes about like his Master, doing good.

Miss Ella S. Hergesheimer, of Allantown, Pa., has placed a number of her paintings on exhibit in the parlors at the Sanitarium this week. They were hung Monday afternoon and will probably remain there for a week or ten days. Miss Hergesheimer has been at the Sanitarium for several months recuperating from the results of too hard work. She came here from Nashville, Tenn., where she had been engaged in portrait work for nearly three years. She has exhibited at the Paris Salon for three years, two of the pictures here having been in the Paris exhibit, the one entitled "Rosarita, the Spanish Girl," and the other a Study of Mushrooms. One of the most interesting of her pictures is the large portrait of her mother.

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SHAKING PALSY:*(Continued from page one)*

fects the hands and other parts of the body. This stretching of the vocal cords changes the tone of the voice; that is, patients usually have a high pitched voice and talk in a monotonous tone. These changes in the voice are due to the stretching of the vocal cords on account of the rigidity of the muscles which change the tension of the vocal cords.

Further than this, these patients often show an indisposition to talk. They usually reply to questions that are put to them in monosyllables and seldom start conversation or take the initiative in anything that requires the use of the vocal organs in speaking. In some cases the changes in speech are very great, so that the voice is very much weakened and high-pitched or even piping in character.

(2) *Muscular Tremor*: The muscular tremor is also one of the cardinal symptoms of this disease. It usually occurs early in the disease with the muscular rigidity, and in some cases at least, is the very first symptom to appear. Like the muscular rigidity, it begins locally in the hand or foot or head and gradually invades new territory until nearly every voluntary muscle of the body is affected by it. It usually begins in the right hand, extends up the arm, and in a few months or a year or two it passes to the leg of the same side, beginning here in the foot and gradually extending up the leg. Crossing to the other side, it affects the opposite hand and arm, gradually extending upward, finally affecting the foot and leg of the opposite side and gradually extending up the leg, and from there it may affect the muscles of the trunk, the neck, head and face. It usually takes two or more years for it to invade all four extremities. As above stated, it usually begins in the right hand, but may begin in the left hand or may begin in a foot or in the head. I have seen only a few cases where the tremor began in the head.

The tremor is described as an unintentional tremor and is present when the patient is at rest, sitting in a chair or lying in bed, and also usually when performing voluntary movements. It differs from the intentional tremor of multiple sclerosis and some other diseases of the nervous system in that it is not started or increased by a voluntary movement. When the patient makes a voluntary movement the tremor is usually stopped for a few moments instead of being increased, as it is in some other diseases of the nervous system. It may be increased, however, by excessive exercise, by fatigue, by nervous and mental excitement, and sometimes without any apparent cause. It is usually described as a coarse tremor; that is, the vibrations are from 4 to 8 per second. The tremor is more rapid and fine at first, but as the disease advances the tremor becomes coarse, the amplitude of the movement being greater and the rate of the movement being reduced. In some cases the movements are very coarse, and the hand and arm move through quite a distance of space. As the disease progresses the tendency is for the tremor to become slower and coarser.

The fingers are usually flexed at the meta-

carpo-phalangeal joint and extended at the other phalangeal joints. The movement occurs at the metacarpo-phalangeal joint and consists usually of a flexion and extension of these joints. Sometimes the movement is partly lateral as well as the flexion and extension, and resembles the movement that is produced by rolling a ball between the forefinger and the thumb. As the disease extends, the tremor affects the wrist joint and finally the elbow joint, and the other large joints may be affected to some extent later. In the lower limbs the tremor affects the muscles that move the ankle joint first and most.

It is important to note that the tremor begins in the distal parts and extends toward the center. It is present when the patient is at rest or when he is active, except that it can be stopped momentarily by voluntary movement, as above described. It is not present during sleep. It affects all, or nearly all, the muscles of the four extremities, affecting the distal parts the most. It also affects in some cases the muscles of the neck, producing a tremor of the head; also the muscles that move the jaw, producing a tremor of the jaw, and in a few cases the lips, face and eyelids may be affected. The muscles on the back of the trunk are the ones that are usually least and last affected. This muscular tremor also interferes with muscular movements to a greater or less degree.

The muscular tremor and muscular rigidity may begin together, progress together, or one or the other may be in excess of the other, or one may be present only while the other is absent or nearly absent. This variance in the amount of tremor and muscular rigidity accounts for the changes in the clinical picture of the disease that is seen in these cases.

(3) *Muscular Weakness*: Muscular weakness is not so important a symptom as the muscular rigidity and muscular tremor. In fact, it may be entirely absent in the earlier stages of the disease, and for quite a period during the progress of the disease. In some cases there is no muscular weakness at all. The patients can perform muscular work quite as well as they ever did. Sooner or later, however, in most cases there is a muscular weakness. There is never any true paralysis of the muscles in this disease, the weakness simply amounts to a reduction of muscular strength and not a complete absence of muscular strength. It usually affects the muscles that are affected by the tremor and the rigidity, and extends into new

territory with the extension of these other two cardinal symptoms.

Second: Sensory Symptoms: The sensory symptoms of this disease consist of pain, paræsthesias and sensations of heat. (1) The pain is usually a dull, aching pain, sometimes described as rheumatic pains by the patient. Sometimes cases have lumbago pains or pains in the sciatic nerve. Usually, however, the pains are dull, aching in character, and are located in the muscles that are first affected by the muscular rigidity or both. In some cases the pains may be quite severe and sharp in character. The pains, however, are usually not a very troublesome symptom.

(2) *Paræsthesias*: The paræsthesias consist of various prickling, numbness, sensations of heat and cold, etc., that may affect the extremities or different parts of the body. There is usually no loss of sensation; that is, there is no anesthesia to touch, to pain or to heat, although some observers have described anesthetic areas in different parts of the skin. These, however, are not very often found, and have only been observed by a few investigators. Practically there is no loss of cutaneous sensation. The sensation of heat is quite a troublesome symptom to these patients. They complain of the skin feeling hot. They very often stick their feet from under the bedclothing at night to relieve them of the sensation of heat. This may be due to a congestion of the skin which is produced by vasomotor disturbance whereby the skin becomes flushed, and consequently more blood brought to the skin.

Reflexes: The knee jerk may be normal, increased or diminished. This varies with different cases. In the rigid form, in my experience, the knee jerk is apt to be increased, while in the other forms it is more apt to be normal or decreased. The other reflexes and the cutaneous or skin reflexes are usually normal. The pupil responds usually normally to light and accommodation. The sphincters are not involved in this disease, unless it be late in the disease.

Circulatory System: The heart is usually not disturbed in its function in this disease. As this disease comes on during the latter part of middle life or in old age, the usual changes in the arteries and heart that accompany old age may, of course, be associated with this disease, such as hardening of the arteries and the hypertrophy and other changes in the heart. These, however, form no part of the clinical picture of the disease, and are simply concomitant symptoms that occur as the result of advancing old age such

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as occur in other individuals of similar ages.

Vasomotor and Secretory Symptoms: The skin in these patients is usually congested, particularly the skin of the face and upper part of the body. The skin of the face is red and often has a shiny appearance, the result of vasomotor and secretory disturbances in the skin. There may be also profuse sweating. This flushing of the skin often gives a sensation of heat—a troublesome symptom which has been mentioned above. This flushing of the skin may be quite general over the whole body, but is usually confined to the face, neck and upper part of the trunk.

Digestive Tract: The appetite in these cases is usually good. Digestion, as a rule, is not much disturbed, except that the bowels tend to be constipated. There may, of course, be more or less disturbance of the digestion, but as a rule the symptoms referable to the digestive tract are usually mild in character and are often not present except constipation, which is quite a constant symptom and sometimes a troublesome one.

The Genito-Urinary Tract: In a few cases sugar is found in the urine, only a very small per cent. There may be some irritation of the bladder, causing frequent urination.

The Blood: There are no characteristic changes in the blood. There may be slight anemia as the result of advancing age, or some slight disturbance of nutrition. This is usually not marked.

Mental Symptoms: The blank expression of the face of these patients gives one the impression that the mind is affected and that there is some mental hebetude or dementia. These cases as a rule are nervous, restless, discontented, more or less depressed, often do not sleep well. While the mind is not as active as formerly and does not take the initiative, yet in most cases there is no mental weakness or dementia. As the disease progresses, however, in some cases there may be in the latter stages of the disease a mental weakness or even a well developed form of dementia may appear. The melancholia of involution is sometimes seen in patients suffering from paralysis agitans.

(To be continued)

CONSERVATION OF ENERGY

(Résumé of a Lecture by Dr. Geisel)

Dr. Carolyn Geisel, in a Sanitarium parlor lecture, recently made a strong plea for a more intelligent conservation of our energies, showing very graphically how much unnecessary force is used by the majority of people in the doing of the simplest things, as holding a pen, putting on a glove, writing one's name, or cutting out a garment. The thought was emphasized that the thing to be done by the hand does not need the work of the whole body and that we waste energy doing things that do not have to be done at all. For instance, embroidering the little boy a white linen dress, when he does not want it nor need it, in fact, hates it, spending precious time that would be better spent in personal attention to the child himself.

To save one's energy for the thing one

wants most to do is the part of wisdom. We get what we really want. Many who are here at the Sanitarium have gotten some things they never expected to get, but they got what they went after. The body is the temple of the living God. It should be clean, sound, and intact, an energy producer for the Almighty. There are six things necessary in the care of this temple: right diet, physical exercise, fresh air, healthful dress, rational remedies for diseased conditions, and confident faith in God. As to the latter, although "In God is our trust" is our national motto, how often it would seem like a lie, since we use more energy in fretting about things than in all the work we have to do. And yet, "He that keepeth Israel neither slumbers nor sleeps." A good recipe to cure worry was recommended as follows:

Put down on paper all the troubles you think you are going to have for a week. Leave none out. Then at the end of the week blue-pencil those that did not happen. You will be surprised to find how many dreadful things never happen. Then, when there is something that is a real worry, give it up to God.

As to the food, there is no question as to the right kind, simple, plain, common-sense foods, eaten with gladness; and then exercise. If people would observe two physical laws they would not be as likely to need sanitarium treatment, viz.: correct poise and correct breathing. Down South the gospel of fresh air is being preached to the poor mountain whites who have never had a window in their houses, and they are now putting in windows, getting fresh air and a knowledge of the God of the out-of-doors at the same time.

A lung was shown blackened as if by cinders, taken from a young man of eighteen years who dropped dead on the streets of

Chicago, a cigarette fiend. Smoke of any kind has that blackening effect in the lungs. The world is short of men because of this vicious thing, the cigarette. If we would conserve a national energy, we must see to these things, and Michigan has passed a law against cigarette smoking. Alcoholics are being dealt with. One hundred thousand men were lost last year through King Alcohol.

Last of all, if our national energy is to be conserved we will have to square that question that makes us turn pale—the question of the white-slave traffic. There is not only the maternal side, the feminine side of the wrong, but the crime to the little ones to be considered. Fifty per cent of those who knocked at the door of life last year went out before they breathed, because of this social crime.

Conservation of energy begins with the unit, with you and me, and does not end with conservation of national energy, but extends into the future. We are living not for today but for God's eternal to-morrow.

A MISSIONARY MEETING

THE Missionary Rally of Sunday, Nov. 7th, in East Hall parlor, was one of unusual interest. The special feature of the meeting was the prominence given to the Student Volunteer movement. The medical students were present in large numbers, and it was most inspiring to hear their hearty voices ring out the old-time favorite hymns. Dr. John F. Morse led the meeting, which was of a devotional character. For the Scripture lesson Dr. Morse read the prayer of our great Master, as recorded in John 17.

Then followed a brief account by the leader of the aims and purposes of the Stu-

THE BATTLE CREEK SANITARIUM AND HOSPITAL TRAINING SCHOOL FOR NURSES, BATTLE CREEK, MICHIGAN

This institution offers a three years' course of instruction for women and two years for men. In addition to the usual subjects taught in hospital training schools, special attention is given to all branches of physiologic therapeutics, including hydrotherapy, radiotherapy, phototherapy, kinesotherapy, or manual Swedish movements, and massage.

Among other special advantages offered are laboratory instruction in bacteriology and chemistry, the use of the microscope, urinary analysis, practical course in cookery and dietetics, medical gymnastics, swimming, anthropometry and open air methods.

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dent Volunteer movement, after which more than twenty young men and women gave, in a few sentences, the reason why they were Volunteers and, in many cases, the special circumstances that led to their joining the movement.

It must have been a cheering sight to the missionaries who are guests and patients at the Sanitarium, to see such a large number of bright, earnest young people, who are studying medicine here, with a view to relieving suffering in the lands from which they have come.

The knowledge that "reinforcements" were on the way must have rekindled their old-time love and fervor, and surely a wave of gratitude and responsibility must have been felt by many a missionary as the young people stated that the influence of the missionaries had been a large factor in leading them to decide for the mission field.

We are sure that our readers will welcome the bright new dress of our paper. The 8-point type we have been using was rather trying on the eyes even of younger readers. While the increased size of type will necessitate less of matter, we shall try to boil it down a little more thoroughly so that none of the essential things will be lost.

ARRIVALS

Following is the list of arrivals at the Battle Creek Sanitarium for the week ending November 15: Mrs. E. Josephson, Ind.; Mrs. W. H. Stillman, N. Y.; Mrs. H. J. Young, Toledo; Mrs. Geo. S. Boltwood and Mrs. Harry C. Leonard, Grand Rapids; Dr. W. A. Loops, wife and child, India; Geo. S. Boltwood, Grand Rapids; Mrs. E. W. Greenman, N. Y.; F. S. Sterling, City; H. J. Young, Toledo; A. J. Reid, Wis.; J. Boyd Jones, Ind.; H. G. Austin and Benj. Austin, Ohio; Wm. H. Burdick, N. Y.; Mrs. C. H. Prior, Minneapolis; Mrs. H. J. Moon, Mich.; I. B. Stevinson, Mo.; Woodson Mass, M. D., Mo.; J. A. Randell, Iowa; Mrs. E. H. Gorton, Ill.; Mrs. Alice Partridge, Ill.; Mrs. Julia T. Mann, Mo.; Chas. E. Lookabill and Alfred Lookabill, Ind.; Peter Schmidt, S. Dak.; Geo. I. McLaughlin, Tenn.; Esther Gibson, Alaska; Mrs. Kate E. Ward, Mich.; Mrs. C. Hastings and Mrs. St. Bernard, Detroit; Elizabeth Pearson, Des Moines; Mrs. C. S. Armington and Paul, Ill.; Coke L. Doster, O.; J. B. Riley, Ga.; Mrs. J. W. Mills, Pittsburg; Mrs. W. W. Spring and friend, Minneapolis; F. Sebring and wife, Ohio; Mrs. J. B. Hanna, N. J.; Mrs. T. R. Hughes and Edwin, Minn.; Jas. H. Fetter and Lucy A., Ind.; Mrs. Clyde King, S. Dak.; Mr. and Mrs. Geo. H. Holmes, Mich.; Geo. J. Black, City; W. T. Hunter, Chicago; Mrs.

S. J. Wolf, Mich.; J. E. Belding, Toledo; Geo. Schussele, Ill.; Theo. Cox, Ill.; L. M. Bowers, Batavia; Mary H. Enant, Ohio; A. G. Beasley, Ind.; W. H. Griswold, M. D., and wife, Grand Rapids; Mrs. Mark Smith and Miss Louise Smith, Mich.; F. Seymour Smith, Ky.; Mrs. M. S. Simpson, New York City; Arthur S. Pihl, Mass.; O. W. McGinnis and wife, Ind.; J. D. Lamont, Minn.; J. A. Crocker and wife, Tenn.; Mrs. W. N. Gates, Ind.; Mrs. E. K. Jacoby, O.; Mrs. Emma Marker and Miss Carrie Schell Marker, Pa.; Mauson German, City; Mrs. W. R. Smith, Ill.; Mr. and Mrs. G. D. Coates, N. Y.; C. B. Horner, Ohio; John Leonard and daughter, W. Va.; Mrs. Orrin Prudden and daughter Helen, N. Y.; Mrs. J. A. Agee, Mrs. W. W. Harless and Dr. Olga Thoren, Chicago; O. Legg, Iowa; J. Corrigan, Cleveland; T. E. Rathburn, Ohio; A. C. Schowalter, Buffalo; G. T. McLaughlin, Tenn.; E. G. Gilbert, Cleveland; Geo. A. Peters and wife, St. Louis; C. S. Armington, Ill.; Geo. B. Greening, Detroit; R. B. Graham, Iowa; McBain Milne, Ill.; R. E. Trosper, Jr., and Jno. Van Dyke, Chicago; Mr. and Mrs. J. H. Evans, Ohio; Mrs. H. A. Delaney, City; Mrs. W. E. Wilson, New York City; C. Leonard, Iowa; J. S. Lincoln, Mich.; Mrs. H. B. Brown and Bruce A. Brown, Ind.

News and Personals

Mrs. M. S. Simpson, of New York City, mother of S. S. McClure, publisher, is a returned patient.

Amongst the recent arrivals at the Sanitarium we note Mr. A. G. Beardsley, of Linton, Ind., a dealer in real estate; W. S. Hunter, a prominent attorney of Chicago; Dr. John E. Belding, of Toledo; and Dr. W. H. Griswold, of Grand Rapids.

If people think there is nothing exciting going on around the Sanitarium they should attend the indoor baseball games in the gymnasium. There are four or five teams organized, each striving for the mastery. Last week games were played between the Crescents and the Medics, and the Shamrocks and Baw Bees. The ball in use is large and soft, so that it is not dangerous to life and limb, while it affords a good amount of exercise in chasing it.

The Sanitarium has in prospect an entertainment of superior merit to be given on the evening of Saturday, November 27. The Gertrude Goodwin Miller Company has been secured for that occasion by the Nurses' Alumnae Association. The company is composed of Miss Miller as reader, Mrs. Ida Miller Smith soprano, Paul Archibald tenor, and Ernest F. Jores pianist. The press notices of this company are very complimentary, and a first-class entertainment is expected. The proceeds are for the benefit of the Association.

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**The Battle Creek Sanitarium School
of Health and Household Economics**

**BATTLE CREEK
MICHIGAN**

Dr. W. H. Riley has gone away for a much-needed rest.

J. B. Riley, of Gainesville, Ga., is here with his father, Rev. M. M. Riley, a prominent Baptist minister of that place.

A. L. Noyd, assistant florist at the Sanitarium greenhouses, attended the seventeenth annual flower show at Chicago, held recently.

Mr. William Beard of Chicago, a famous basso-baritone singer, gave a delightful entertainment of song in the gymnasium on the evening of Tuesday, the 16th.

A union Thanksgiving service will be held this year in the First Methodist church at 10:30. The discourse will be preached by Rev. Hugh Kennedy, pastor of the Maple Street Methodist Church.

Miss Ruth Axe Brown, daughter of the president of the university at Valparaiso, Ind., who is stopping at the Sanitarium, favored the audience with several fine vocal selections at the concert given by the orchestra Saturday evening.

Dr. A. J. Read gave a lecture before the Y. M. C. A. at Hamilton, Ohio, last week, on the subject, "Is Life Worth Living?" While there he met a number of old patients, among whom was N. B. Chase, secretary of the Y. M. C. A. He had a large and enthusiastic audience.

Dr. W. A. Loops and his wife and little daughter, Faith, of Assam, India, also Miss Anna W. Ericsson, of Canton, China, are among the patients.

Mr. and Mrs. F. A. Sebring, of Sebring, Ohio, are among the arrivals. Mr. Sebring is well known as a manufacturer of pottery and chinaware at that place.

Rev. W. H. Phelps, pastor of the First Methodist Church of this city, occupied the Sanitarium pulpit on last Sabbath forenoon. His theme, "God So Loved the World," abounded with pathetic illustrations from ordinary life and the discourse made a deep and lasting impression upon his hearers.

Miss Esther Gibson, of Sitka, Alaska, head nurse of the hospital conducted under the auspices of the Indian Training School there, is a guest at the Sanitarium. Miss Gibson, who is a missionary under the Presbyterian Board of Home Missions, comes to us to obtain practical knowledge in the treatment of the sick by rational methods. She expects to be with us a few weeks and in that time to gather up the most available information in regard to the methods and principles practiced in the Sanitarium. She expresses herself as being very much impressed with what she has already seen and learned and is convinced that her visit here will be of great value to her in her future work.

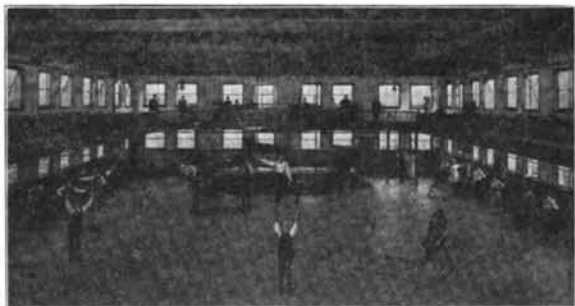
One of the interesting sights at the Sanitarium greenhouses these days is a lemon

tree, bearing lemons as large as good sized canteloupes. The variety is called the *ponderosa*, and it may well be called that. It comes from Georgia, and a gentleman from that State, now at the Sanitarium, made fifteen glasses of good lemonade from one of the lemons the other night. The special attraction, however, is the chrysanthemums, which form a glorious burst of color and are there in size ranging from a dinner plate to a rather small button. Visitors to the greenhouse are always attracted by the unique little plants called celestial peppers, and the poinsettias, just getting ready to throw out their whorl of flaming petals.

Dr. Maria White, of Sialkot, Northwestern India, who has been spending a few weeks at the Sanitarium, left us last week on her way to the Pacific Coast, where she expects to take ship for her distant field of work. Doctor White is a unique character among missionary heroes, of a quiet and retiring disposition and a plain motherly bearing. She is reluctant to speak much of her own achievements, but we have learned something of the great success which has attended her work in that remote region, where in spite of all the opposition that Mohammedanism and Hinduism could invent, she has won her way to the hearts of the people, and has now established a very large and extensive medical missionary work. A hospital embracing four large brick buildings, a leper asylum and orphanage, a hospital in an adjoining city, represent something of the work she has accomplished unaided during the past twenty-five years.

Battle Creek Sanitarium School of Physical Education

Gymnastics—German and Swedish; Dietetics; Massage; Hydrotherapy; What to do in Accidents, Emergencies and Common Maladies; Medical Gymnastics. Anatomy and Physiology; Chemical and Anatomical Laboratory work; Large Indoor and Outdoor Gymnasium and Swimming Pools.



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Mr. Horace Fletcher will give a course of lectures on vital economics, and Mr. John F. Stapleton, formerly of the Yale Gymnasium, a special course on theory and practice of Swedish gymnastics.

The next regular term (new class beginning) opens January 3, 1910.

Any who are interested will be sent illustrated announcement with further details on request. Address:

The Battle Creek Sanitarium School of Physical Education
BATTLE CREEK, - - - MICHIGAN

THE BATTLE CREEK IDEA



Vol. II No. 51

BATTLE CREEK, MICH., NOVEMBER 26, 1909

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Shaking Palsy: Its Symptoms

An Analysis of Paralysis Agitans, by
Dr. Riley, with Observations Based
on a Large Number of Cases

(Continued)

Different Forms of Paralysis Agitans:
Different forms of Paralysis Agitans have
been described by different writers. The

Exercise for Good Health

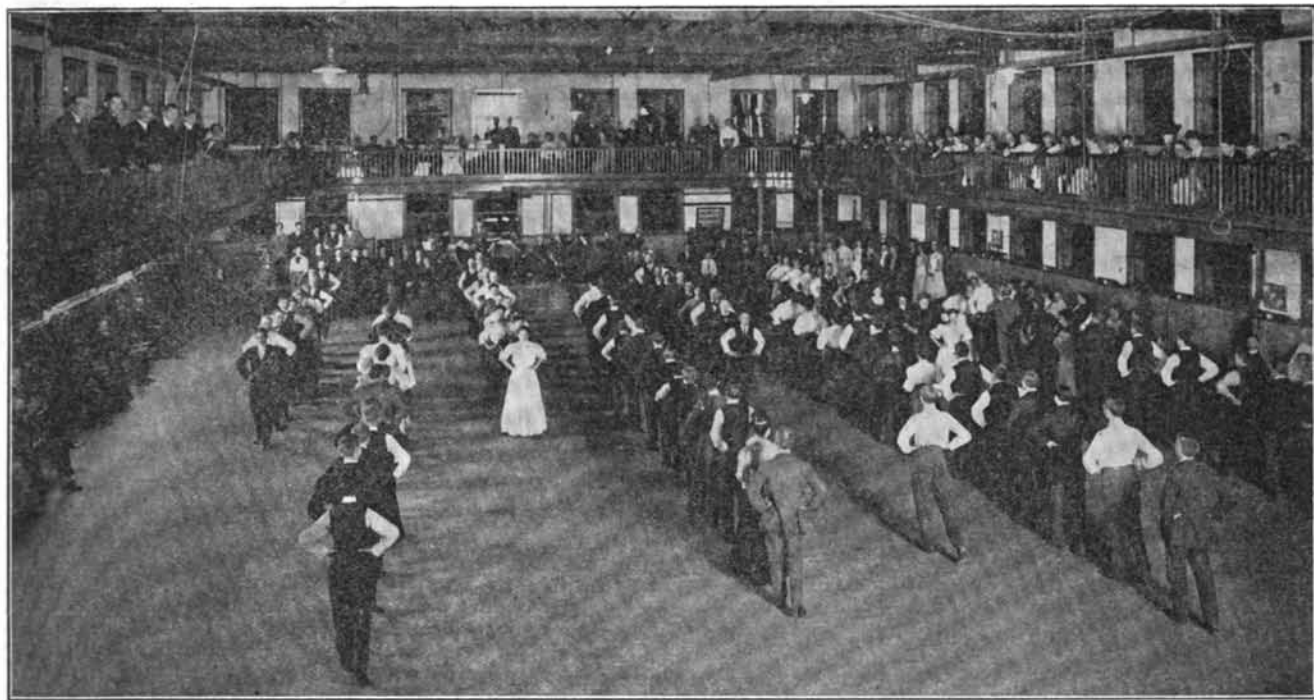
Patients of the Sanitarium Must Do Neg-
lected Duty and Clear Out
Their Waste Tissues

It was long ago written that "if a man would
not work, neither should he eat." Many peo-
ple think they can dodge that dictum, and

RECENT DISCOVERIES OF MODERN MEDICAL SCIENCE

In a Parlor Lecture Dr. J. H. Kellogg
Speaks of the Recent Progress Made
in Medical Knowledge

GREATER progress has been made in the
various branches of knowledge during the
last century than has been made in many



MARCHING FOR HEALTH

principal forms so described are what are
called the Monoplegic, the Hemiplegic, the
Rigid form, the Tremulous form and the
Retrocolic form. The Monoplegic form is
where the tremor and rigidity and weakness
are confined to one limb, such as an arm or
a leg. The Hemiplegic form is that form
where the symptoms are confined to one-half
of the body. The Monoplegic forms repre-
sent cases in which the disease is not fully
developed and has not progressed to its full
extent.

(Continued on page four)

so, while they stop working, they keep right
on eating. They eat just as much or per-
haps more than they did while they were en-
gaged in active life. Having reached a place
where their daily bread no longer depends
upon daily toil, they let the toil go and eat
that which is more difficult to digest and care
for than was the bread of their toiling days.
Such people are sure to discover their mis-
take before they have traveled very far, for
they lose their power to eat, their appetite
departs, or is very capricious, and they real-

(Continued on page three)

centuries before it, and in no particular has
such marvelous progress been made as in the
means and methods of preserving life. Un-
fortunately, however, discoveries in this sci-
ence have not been put into practical use
as in many other lines of scientific research.

The marvelous discoveries made by Pas-
teur, Koch, and other famous investigators
have been utilized only in a very small de-
gree. If the discoveries made by Pawlow, of
St. Petersburg, within the last ten years
were universally applied to human dietetics
the length of human life would be doubled,

within a few decades. Oceans of knowledge are going to waste simply because no practical use is being made of it. We do not live up to the knowledge we have. Here is Mr. Fletcher, who for the last few years has been showing us the importance of thorough mastication of food. That was not a new thing. Men have always known that teeth were made for chewing, but it remained for Mr. Fletcher to make that fact prominent and impressive.

What is true with reference to chewing food is equally true of the combination, the selection, the quantity and the quality of the foods. At hotels and restaurants, and even in the majority of our homes, we do not find that our food is prepared with reference to our physiologic wants. The caterer and the cook never give one thought as to what is necessary to build up and maintain the strength and vigor of the eaters. Their only thought is how they can best please their patrons and tickle their palates; and the palate is not used as a monitor to tell us how much and what kinds of food we should eat, but as a plaything to be amused and gratified.

People should demand food that is physiologic, that the system can appropriate, and that will give clearness of brain, strength and vigor of nerve, and endurance of muscle. The object men have in view in feeding their horses is not to please the horse's taste only, but to give him something that will nourish and strengthen him. But human beings consult only their taste, and that a perverted one, and feed their stomachs incongruous indigestible stuff that is not food at all, but that makes them wretched and miserable because the stomach can do nothing with it. Then the stomach is found fault with, the doctor is applied to, and if he succeeds in helping his patients out of their difficulties, it is only that they may go right back to their miserable ways again.

A lady said to me some time ago, "Doctor, I will eat anything you say—sawdust if you say so—while I am here. I have come to stay five weeks and at the end of that time I want you to guarantee that my stomach will be all right, so that I can go back home and eat anything I want." She was willing to do penance for five weeks, but it was with the consideration that she should be permitted to go on with her reckless, stomach-destroying habits.

There is a wonderful plant named the "Sundew." Each of the little tentacles with which the leaf of the plant is covered has a bit of viscid fluid on the end of it, and when a fly touches a leaf all of these tentacles turn inwards upon the fly, clasping it in a deadly embrace. The plant then digests and absorbs the fly. Darwin, the great scientist, made some experiments with the sundew. He fed the plant particles of meat and treated it with the fumes of alcohol and tobacco, and every time it was thus treated the plant was so poisoned that it could not catch flies. Living organisms are subject to the same laws as the sundew plant. The effect of alcohol, tobacco, ether, and the poisons produced by putrefactions in the intestines, break up the fibers of the nerve and produce degeneracy.

The registrar-general of Great Britain has been gathering some interesting statistics in connection with the mortality rate, dividing the general public into two classes,—total abstainers, and those who are addicted to the use of intoxicating liquors. The difference in mortality is so great that the insurance companies of England have separate lists of insurance rates for abstainers and non-abstainers, the former getting a much lower rate on their insurance than the others.

Sir John Ross, who made an Arctic journey in 1829 to 1833, wrote that although he was twenty years older than any of his officers or crew, he stood the cold better than all who used tobacco and spirits. "The most irresistible proof of the value of abstinence," he said, "was when we abandoned our ship and were compelled to leave behind us all our wine and spirits. It was remarkable how much stronger and more able the men were to do their work when they had only water to drink. The greater the cold the more injurious the alcohol." The reason is because cold is an enemy of life and so is alcohol, and if we have two enemies to fight at once we are worse off than as though we had only one.

The latest documents, from the United States Census office show a remarkable fact, viz.: that in recent years there has been a marked decrease of acute diseases and a very decided increase in many chronic disorders. For the year 1900 the mortality from old age was 50.4 in 100,000 people; in 1907 only 32 in every 100,000 died of old age. This is due to the fact that chronic diseases are becoming more and more prevalent, while acute diseases such as bronchitis, peritonitis, tuberculosis, pneumonia, diarrhea, typhoid fever, etc., are on the decrease. Heart disease has increased twenty-seven per cent, Bright's disease eighteen per cent, apoplexy eleven per cent, cancer fifteen per cent, cirrhosis of the liver twenty-two per cent, diabetes forty-three per cent, endo-carditis twenty per cent, congenital debility, thirty per cent—all in seven years.

Why is it that in one class of maladies we are saving an enormous number of lives and in the other the sacrifice is simply horrifying? The reason is that we are learning how to keep disease away. We have learned that typhoid fever depends upon impure water or milk, so we have a health officer who sees to it that the water and milk supplies of the city are pure. So are restricted other infectious disorders. When we come to chronic disease, that is the thing that the individual himself must look after. For instance, what can a health officer do to prevent heart disease, or Bright's disease, or cancer, or diabetes, or any of these chronic diseases which are due to wrong personal habits? An acute malady comes in from the outside. The children bring it from school or from the neighbors; the cat brings it in at the back door; the flies and the mosquitoes bring them to us; and all we have to do is to shut them out; but chronic disease is born in the house. It is created in the kitchen, and we eat it, and the only hope is in reforming the habits of the individual and of the home. Our personal habits must receive attention if we are

to check this awful tide that is sweeping the race down to death.

The eminent German investigator, Doctor Meister, made some experiments as to the effect of different diets upon the quantity of poisons produced in the body and carried out through the kidneys. In an ordinary diet which contains but little meat the amount was .167 of a gram. On a diet of eggs it was .184, as eggs easily decompose. An ounce of meat added to the diet carried the poisons up to .223, adding sixty per cent, and when prime beef was added, which is simply decaying meat, the poisons went up to .694, twelve times as much poison for the kidneys to carry off as with the fleshless diet.

During the last forty years we have had a good chance in this institution to test a clean diet. For forty-three years we have not supplied meat on our helpers' tables. We have had many thousands of helpers during this time, so have had a good chance to observe the effect of the diet. Recently scientific tests were made upon forty men and fifty women with the result that for the men the hemoglobin averaged .97, while for the women it was .96, which was normal. The blood count of white cells for the men was 4,800 and for the women 4,300, approximately normal, and the blood pressure was 100 to 105 and the pulse 76. A better average than that could not be found anywhere in the world. We found a striking difference in the amount of work which the kidneys have to do when working for a body that is fed with meat and one that is fed without meat.

The length of time a person can live depends more upon the integrity of his kidneys than upon any other one thing. So long as the kidneys keep the blood clean, one can live, so far as chronic diseases are concerned, and the more they are misused the sooner they will give out. The meat-fed kidney is overworked. It produces twice as much uric acid as the flesh-abstaining kidney and more than twice the nitrogen, more than three times as much urea, more than three times as much ammonia, twice as much creatinin (poison resulting from muscle work), twice as much of chloride and phosphates, and when we come to the indian, the poison derived from putrefaction in the intestine, we find twelve times as much in the urine of the meat-eaters. These are wonderfully significant figures, and are backed up by some recent observations in India made by a professor of physiology in the Calcutta Medical College, who has been making a study of the Hindus who live upon a low protein diet.

In this institution we have made about 30,000 examinations of the blood. Some little time ago we took a thousand of these examinations promiscuously and found the average blood test when the patients came to us was 3,885,000 red cells, and the average when the patient went away was 4,159,000. The hemoglobin increased from 73.8 to 78. In anemic cases the red blood cell count increased from 1,989,000 to 3,140,000 and the hemoglobin from forty-seven to sixty-seven per cent without flesh in any form, without tincture of iron or medicine in any form, just from a straight, simple, vegetarian dietary. We found through our tests with a

number of young men that no indian was present with a low proteid diet, which is a purely vegetable one, but that a high proteid diet was productive of much indican in the urine, which causes hardening of the arteries, degeneration of the brain, cirrhosis of the liver and Bright's disease of the kidneys.

Rice is one of the most anti-toxic of foods; it is unquestionably the greatest food made for man. It feeds about two-thirds of all the inhabitants of the world. The average Asiatic eats twelve ounces of rice every day, and the average American eats only half an ounce. We ought to substitute rice for potatoes to a very large extent. Rice digests in less time than any other food.

From the foregoing facts and statements, it will be clearly seen that the Sanitarium bill of fare is not a matter of caprice or fancy, but is based upon great scientific facts brought out by the most recent discoveries in medical knowledge.

EXERCISE FOR HEALTH

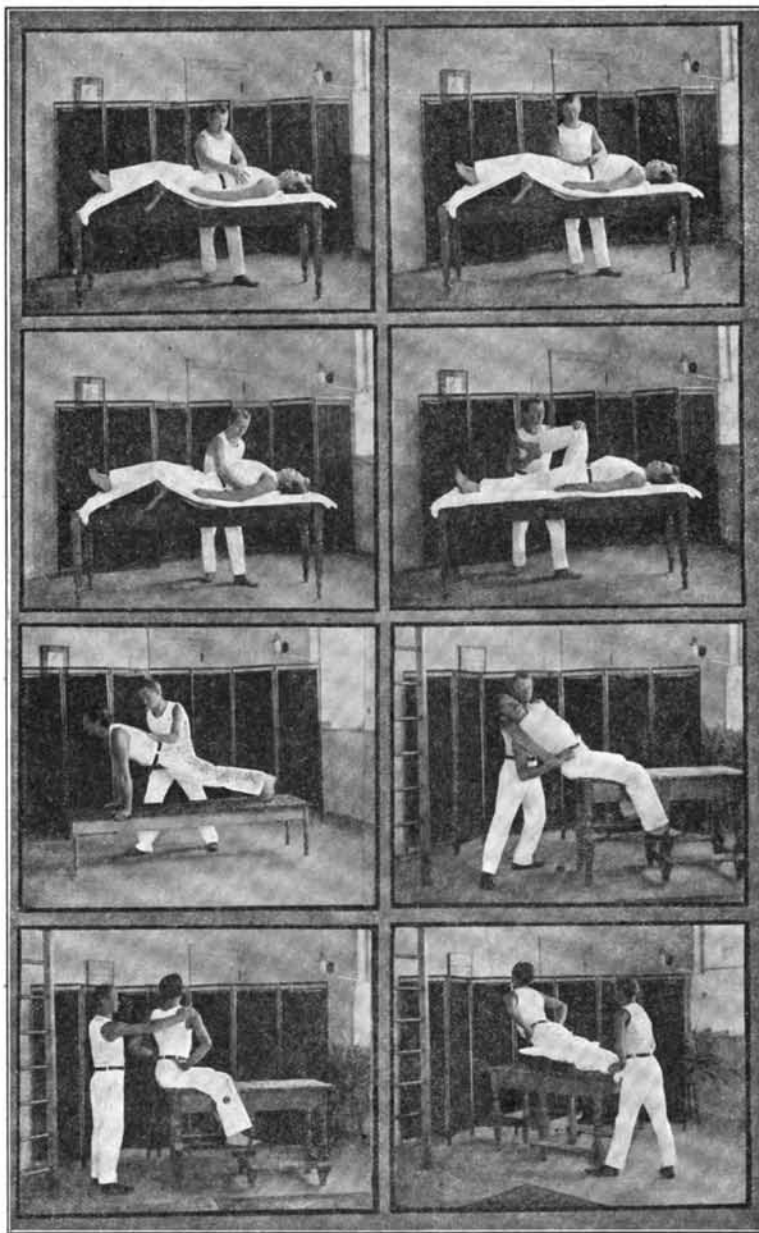
(Continued from page one)

ize that vanity of which old Solomon wrote long ago when he said, "There is an evil which I have seen under the sun, and it is common among men: A man to whom God hath given riches and honor, so that he wanteth nothing for his soul of all that he desireth, yet God giveth him not the power to eat thereof; but a stranger eateth it; this is vanity, and it is an evil disease."

The power to eat depends upon a ready appetite, a demand for food, and this can be maintained only by a degree of muscular activity that consumes the energies received from the food already eaten. It is not possible to go on indefinitely feeding one's self to fullness with even good food while one makes no use of that food in bodily activities. The system becomes clogged with poisonous material, because food that is not utilized in the body is a damage to the body.

Consequently, it is very often necessary to set people who come to the Sanitarium for relief from suffering to work. The work-cure is what they need to rid their systems of the effects of their unused food. Through inactivity their capacity for muscular effort has become very small, and the only way they can be helped out of their difficulties is by engaging each day in the active use of their muscular powers.

This may be accomplished by voluntary work or exercise by the patient, or he may have an attendant exercise his muscles for him; or it may be done by machinery. The Sanitarium supplies facilities for either of these methods. The first method consists in walking, running, swimming, calisthenics, and gymnasium work. If the patient is not disposed to exert himself to that extent, or if he is unable to take that kind of work, he is placed in the hands of a skilful and muscular operator who works his muscles for him. This is done under the name of massage, and manual Swedish exercise. By such manipulations the poisons which irritate the muscles and stiffen the joints and congest the more vital organs are eliminated, and a healthful demand for food is created.



EXERCISING BY PROXY

Others whose livers have become overworked and torpid, whose stomachs hesitate to do the work given them, whose circulation is retarded and obstructed, are turned over to certain mechanical contrivances which perform the duties of muscular activities very acceptably indeed, and help the sick one to get back to his normal standing again.

The better part, no doubt, is to keep in mind that if a man will not work, neither shall he eat; and allow no day to go by without doing a proper share of that muscular labor that keeps our vital machinery in good working force, so that our food is gratefully received and consumed in supplying the wants of tissues that have been actually wearied by honest physical endeavor. Proper physical exercise is one of the essentials of good health. Nothing should be permitted to prevent its being regularly taken.

"I live on the sunny side of the street; shady folks live on the other. I have always preferred the sunshine, and have tried to put other people there, if only for an hour or two at a time."—M. P. Wilder.

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VOL. II NOVEMBER 26, 1909 No. 51

A PHYSICIAN'S OPINION

WHAT might almost be called a physician's confession appears in the New York *Medical Journal* from the pen of Dr. Beverly Johnson of New York. The writer is evidently almost startled by his own statements, and allows that what he has written, "if considered at all, will raise a storm of protest."

He says: "All medical men to-day who are thoughtful and informed, recognize fully how much more important it is to prevent disease than to cure it. Indeed, what is termed a cure is not in any strict sense a cure at all—nine times in ten in acute disease, medical or surgical. Nature with intelligent guidance, which usually means little or no interference, works out the ultimate well-being of the patient so far as may be. Of course I do not wish for an instant to say that there should not be help rendered in a proper and judicious way."

Then he says: "I am well aware that what is written, if considered at all, will raise a storm of protest. And why? Not because it is not practically true, but because it is subversive of a great deal that is time-honored and still taught generally. On the other hand, I am willing to state very frankly that after a lifetime of service in hospitals and private practice, such has come to be my convictions."

By supplying natural resources in pure water, pure air, pure food, and co-operating with nature in proper bodily activities and other rational means, we contribute all that we can do in curing disease. No man ever cured disease, no drug cures disease. The power within us, the forces of vitality, are competent to repair damages and restore vigor and healthful action, and it calls upon us only to roll away the stone. It may be by removing by surgery some hindering conditions, or growths, or bringing together the parts to be healed. It may be by supplying some conditions that are wanting, or doing some simple thing to make the work of natural restoration possible, and then we leave it for those natural powers to accomplish the work which can

not be done by any other power than that divine power that dwells within us.

It can not be successfully denied that medical practice has much to do in the work of aiding nature in the restoration of health, but the most useful part the profession can serve is in the field of prevention. The great work of the conscientious and intelligent physician is in teaching people how to avoid being ill, how to live so as to preserve that health which is their rightful heritage. And this field of so-called prophylactics should embrace simply such reformatory measures as will promote individual health. To prevent the development of disease is of greater value than the effort to cure or control it after it has been brought about by neglect or transgression of the principles of good living.

MR. CHARLES N. CRITTENTON

IN the death of this gentleman, which occurred on the 16th inst. in San Francisco, the cause of suffering humanity has lost a good friend. The name of Mr. Crittenton has become famous through the long chain of homes for rescued women, some seventy-five in number, that he has been instrumental in establishing in the principal cities throughout our country. These were named "Florence Crittenton Homes" because about twenty-five years ago the death of a little six-year-old daughter named Florence was the cause of her father's conversion. Mr. Crittenton was a successful business man as senior partner in the wholesale drug firm of Charles Crittenton & Co., of New York. He determined that his religious life should take an active form, and gave himself and his fortune largely to the work of rescuing fallen and helpless women.

His work is well organized, and there is a large number of devoted men and women associated with that undertaking, so that it may be hoped the good work will be carried on along the lines projected by its founder.

Mr. Crittenton was a frequent and welcome visitor at the Sanitarium. He was kind and genial, and always ready to speak words of cheer and encouragement to any who needed them. His death was caused by pneumonia after a brief illness. He was seventy-six years of age.

SHAKING PALSY

(Continued from page one)

The Rigid form is that form in which there is very little or no tremor and the principal disturbance of the muscles is the rigidity. This muscular rigidity is an important factor in producing peculiar postures, peculiar gaits, changes of facial expression, and is also responsible for the weakness and changes in the voice which are peculiar to this disease. These so-called Rigid forms of the disease also offer some difficulties to the physician in making a correct diagnosis in the absence of tremor and other symptoms

of the disease. The Rigid form of Paralysis Agitans is not always easily recognized, and may be mistaken for some other severe organic disease of the nervous system. These cases, therefore, should be carefully examined by the attending physician, and when the history of the case and all of the symptoms are carefully stated and recognized, he can usually arrive at the correct recognition and diagnosis of the disease.

The Retrocolic form is rather rare and represents that form where the head, instead of being bent forward as is usually the case, is bent backward, and in a few cases there is an extension of the trunk rather than a flexion, as is the case usually.

Course, Progress and Duration of the Disease: As already indicated, this is a disease that begins insidiously, develops gradually, progresses uninterruptedly, and continues in some degree usually to the end of life. The disease, beginning locally in the hand or the foot or the head, gradually extends and invades new territory until all or nearly all of the voluntary muscles of the body are affected by it. The usual manner of progress is for it to begin in the right hand and from here extend up the arms. It then passes to the right foot, extends up the leg, crossing to

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the left hand and extending up the left arm, then passing to the left foot and extending up the left leg, and finally involving the muscles of the trunk and in a few cases the muscles of the head and neck. The disease usually continues on one lateral half of the body for from one to two years before crossing the median line to the other side, and usually it takes two or three years for the disease to affect all four extremities, but after this length of time has elapsed it may continue to invade other parts of the body, such as the trunk or the muscles of the neck, face or head, and of course the tendency is constantly for the symptoms to become more severe in the parts that have already been affected by the disease. The usual point of invasion is the right hand, but it may begin in the left hand, or it may begin in one foot, or in a few cases the head is first affected. Sometimes two members are affected at the same time, as both feet or both hands, or a hand and a foot on the same or on opposite sides of the body.

The progress of the disease is usually interrupted, but there may be remissions or exacerbations. The disease lasts all the way from three to forty years, depending upon the severity of the disease and the vital resistance of the patient. Most cases run a course of from five to fifteen or twenty years, a few cases have been reported as terminating fatally in three years, and other cases have been reported which extended over a period of forty years' duration.

Diagnosis: In a fully developed case of Paralysis Agitans the diagnosis can be readily made, even by a non-professional, but in the very beginning of the disease and in certain forms the disease is not so readily recognized, and the diagnosis becomes more difficult. The important points in the diagnosis are the age of the patient, the manner in which the disease begins, the presence of the cardinal symptoms of muscular rigidity and muscular tremor beginning locally and extending to other parts, peculiar postures of the body and peculiar rigidity and muscular tremor, beginning locally and extending to other parts, peculiar postures of the body and the peculiar gait, changes in the facial expression, the presence of so-called Parkinson's mask, and changes in the voice. The presence of two or more of these symptoms together with other minor symptoms that are usually present are usually sufficient to make a correct diagnosis. The disease should be diagnosed from hysteria, from cerebral spinal multiple sclerosis, from post-hemiplegic tremor, and from writer's cramp. Hysteria usually occurs earlier in life, and is usually present in the family. The tremor which may be present in hysteria, and which may be the principal symptom or condition that might lead to a confusion with Paralysis Agitans, usually affects the body generally and not locally, as is the case in Paralysis Agitans. The muscular rigidity, which is present in Paralysis Agitans, is usually absent in hysteria, as is also the peculiar facial expression and changes in the voice.

From cerebral spinal multiple sclerosis it may be diagnosed by the following points: cerebral spinal multiple sclerosis usually

begins in a younger subject; the tremor is intentional rather than unintentional; its course from the beginning commences at the central end of the limb rather than the distal end; is accompanied usually with paraplegia of the legs and other muscular weakness with increased reflexes, peculiar syllabic speech and the patient usually has nystagmus. The tremor that is present in hemiplegia follows an apoplectic stroke, and one lateral half of the body is usually paralyzed suddenly, and the hysteria of such a case is very different from that of Paralysis Agitans.

Writer's cramp begins in a young subject, with a history of excessive writing in a bad manner. The tremor is intentional rather than unintentional, is accompanied by pain, spasm and other symptoms which are localized in the right arm, and does not extend to other parts. The peculiar postures, gaits, facial expression, changes in speech that are present in Paralysis Agitans, are not found to be present in cases of writer's cramp.

(To be continued)

A LETTER HOME

*The Sanitarium, Battle Creek,
Nov. 15, 1909.*

Dear Sis: Well, here I am at the world-famed Battle Creek Sanitarium. I came a long way to learn the rational life, for that is just about what it amounts to, when all is said and done. I have plenty of company, though, in my quest, for there are people here from all over the world. I doubt if there is another so metropolitan a place in this or any other State. A lady rode up with me in the carriage who is from Syria—a worn-out missionary, probably. Yesterday I met a bright, interesting woman from Sitka, Alaska, who is here to get pointers on taking care of the sick. She says it is ex-

pensive business having a doctor in Sitka. I have met people from Georgia, Dakota, Nebraska, Indiana, New York, Illinois and Washington in the few days I have been here. The waiter at my table is from Ecuador, South America. He is here to study medicine. And a tiny brown lady, one of the bathroom attendants, most quaint in her ways, is from Mexico, and her dear little gesture as she puts her arm in a protecting way over the shoulder of her patient, who may weigh nearly two hundred, is very funny.

You remember how I dreaded coming, feeling that I was coming into an atmosphere of invalidism, of medication, and groaning. Well, as usual, fears were needless. It is just beautiful here. If you were only here, too, it would seem almost like being at home. This is not a pleasure resort, but I have seen many a pleasure resort where pleasure was more scarce than it is here. There are many, of course, who must be cared for in their rooms, but the institution is so immense (a good-sized village could be set down within its walls, and there would be room to spare) that little of that side of life is seen. The people one meets are pretty much like those you will see at any large gathering. In fact, it is much more like some great inn, with the objectionable features eliminated. "No smoking;" that sign greets you conspicuously as you enter the grounds. No tipping; employees are reprimanded who are found taking tips; no liquors allowed on the premises and everything is done to insure rest and healthful refreshment.

Really, it is no wonder there is such a spirit of cheeriness here, for good cheer is in the very air we breathe. It puzzled me at first. I could not understand why everybody looked so happy, and I wondered if it did not come from the fact that there are so

Battle Creek Sanitarium Periodicals

Three journals are published at the Battle Creek Sanitarium:

The Battle Creek Idea (Weekly).....	\$1.00 per year
Good Health (Monthly).....	1.00 " "
The Medical Missionary (Monthly).....	.50 " "

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many remarkable recoveries. I should have said we do see a great many convalescents in wheel chairs these pleasant days, being wheeled about by their nurses. They are taken out for the fresh out-of-door air in all weather, as I understand it, but huddled up so warm that they can not possibly get cold. Well, I thought it out in this way, that the convalescents are happy because they are getting well; their relatives who are here with them for company, are happy for that reason, too; and the others who are guests here for other reasons than illness are probably in a constant state of elation over being so well.

All the teachings of the place are toward optimism, and it is refreshing to find no one "with a grouch on." The program for each day's doings is printed on blackboards in the lobby and with it is some cheery verse that starts the day in the major key, as:

"Come, friend, and quit your brooding,
Put your gloomy thoughts to rout;
The blues will surely get you
If you don't watch out."

I can send you a sample of that, when I can not of some other good things, although, by the way, I am sending you by express a box of health foods prepared here, which will give you a little idea of the dietary. I think you will like them if you "fletcherize" them, which we are told to do. This is but another name for masticate, and you probably know how it originated, from the advice of Horace Fletcher to chew, chew, chew our food until it passes away from the mouth itself, without being washed down by liquids.

I wish you might have been here Friday evening at the vesper services, which take place in the big lobby every Friday night. From the upper landing we listened to the volume of sound of hundreds of voices, and looking down on the singing assemblage, as the strains of "Peace, be still; Peace, be still" surged upward, we felt that was one of the most beautiful things at the Sanitarium. Every one able to get to these services does so, for down in the hearts of all, no matter how far we wander from the God of our childhood, is the longing for His presence, and in times of trouble and weakness our hearts involuntarily turn to Him.

The Sanitarium idea just seems to be to practice what we preach. Is it not Charlotte Perkins Stetson who writes:

"You may cram your head till it bursts the pan,
Like overheated dough,
But you'll never be a better man
Till you do the things you know."

Well, here they have been conscientiously doing the things they know for nearly forty years and the heaven is leavening the whole lump.

You remember how Emerson tells of the workman hammering away at the trunnion of a cannon until he breaks it. "What stroke breaks the trunnion?" he asks. "Why, every stroke," was the answer. And here Dr. Kellogg and his assistants have been hammering away on the teaching of the simple, basic principles of life for all these years and at last the trunnions are giving way and cults have sprung up everywhere zealously propagating the ideas practiced here so long.

These great buildings are fireproof, with cement floors that are easily kept antiseptically clean. The rugs are kept almost dustless through the frequent use of the vacuum cleaners, which will be part of every up-to-date household before very long. Everything is immaculately clean, and you know what a satisfaction that is to a housekeeper. The dining-room is beautiful and most inviting in its cleanliness and you can eat your food "in gladness," for you just know that it is as clean as clean can be. One feels, too, that the needs of the body have been considered in the preparation of the menu, and that is a heap o' comfort. The most delicious pumpkin pie I have eaten in a long while I ate right here, but it was different from ours at home. It was hygienic, you may be sure.

Then, when

"Day is done,

And the darkness falls on the wings of night
As a feather is wafted downward from an eagle in his flight,"

a quiet settles down. The elevator ceases running at nine o'clock, and quietness must

reign in halls and lobby and in the guests' rooms, so that the ravages of sickness and weariness and care may be knitted up by gentle sleep.

It is so interesting to know the physiological reason for so much use of cold water and fresh air, but maybe you know the story of the white corpuscles in the blood whose business it is to capture the poisonous germs in the body and fairly eat them up. They get after the worn-out tissues, too, and dispose of them. So they are good friends to have, these valiant little fellows. Well, it seems this toning up of the system increases this police force of ours tremendously. We have a good thing and don't know it, you see, a regular army hospital force, at our beck and call, and we have been too lazy or ignorant to summon it to our assistance. We don't need a rabbit's foot or a piece of camphor tied in a rag around our necks to make us immune to disease, or to go to the doctor for a prophylactic; we can just do something pleasant, go out for a brisk walk and breathe and breathe and take cold baths, with plenty of friction. Then take proper foods, cut out stimulants, for they kill the white cells, and there you are.

What a long letter, and I haven't begun to tell you the things I want to tell, especially about the educational and entertainment features, but I shall have to postpone it until my next.

Your loving sister, K. E. W.

ARRIVALS

THE following is the list of arrivals at the Sanitarium for the week ending Nov. 21:

Herman Jacobson, Brooklyn; H. I. Jones, Tenn.; E. L. Hatter and wife, Calif.; M. John MacWillie and wife, Wuchang, China;

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News and Personals

Attorney and Mrs. M. L. Thackaberry, of Chicago, arrived here the last of the week.

Dr. O. M. Shreve, an eye and ear specialist, of Erie, Pa., is among the recent arrivals.

C. H. Duncan, of Oil City, Pa., accompanied by his brother, Dr. J. A. Duncan, is a returned patient.

Miss Lou Geisel, of Tekonsha, has been visiting her sisters, Dr. Carolyn Geisel and Miss Alice Geisel.

Mrs. Belle M. Perry, of the Charlotte Tribune, was a Sanitarium visitor on Friday.

G. L. Pierson, superintendent of iron works at New Castle, Pa., has been here for a few days.

C. F. Moore, of the Diamond Crystal Salt Works, of St. Clair, Mich., a frequent visitor at the Sanitarium, is here with his wife for rest and treatment.

James E. Harlan, president of Cornell College, Mount Vernon, Iowa, was the guest Sunday of E. C. Andrews, of Vermilion, S. Dak., who is a patient at the Sanitarium, and who was a student under President Harlan in his college days. Cornell College is one of the large colleges of the West.

Miss Meddie Ovington Hamilton, Field Secretary of the C. L. S. C., an officer of the Chautauqua Institution of New York, is a visitor at the Sanitarium, having come at the invitation of the superintendent, and by arrangement with Dr. Geo. E. Vincent, president of the New York Chautauqua. It is hoped that while she is here Miss Hamilton will be able to effect the organization of one or more literary circles for the purpose of promoting systematic and judicious reading.

Rev. C. F. Sharp, of Garden City, Kansas, was accompanied here for treatment by his physician, Dr. Stitson, last week.

Miss Myrtle Lipsey, a graduate nurse, has been spending a few days with Miss Lenna Cooper, principal of the domestic science department.

A. B. Holbert, of Greeley, Iowa, proprietor and manager of the Greeley Horse Importing Co., is here taking treatments for injuries received from falling from a tree on one of his farms in Iowa. Mr. Greeley is an old friend of the Sanitarium, having been restored to health here a few years ago, and his son, also, was saved to him by the care he received here.

Mr. William Drever, the musical director of the Sanitarium, won many compliments by his intelligent and sympathetic work as an accompanist for Mr. William Beard, the Chicago bass-baritone who gave a very delightful recital last week. Mr. Beard did a very graceful thing when he drew Mr. Drever forward at the close of the entertainment to receive his share of the generous and hearty applause of the audience.

Dr. G. D. Deshon, of the medical department of the U. S. army, who has charge of the military hospital at Hot Springs, Ark., was a visitor at the Sanitarium Monday, making an investigation of the strength tests and the various health culture methods, and before he left, he arranged for purchasing the different apparatus in use here for strength tests, Swedish movements, etc., and will have them installed in his hospital.

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**The Battle Creek Sanitarium School
of Health and Household Economics**

**BATTLE CREEK
MICHIGAN**

Mrs. Thomas A. Edison, wife of the famous inventor, of East Orange, N. J., is at the Sanitarium for a few days' visit to her sister. She is accompanied by Miss Miller, of Akron, Ohio, another sister.

At the last meeting of the Conversational Club, held at the Science room in the new High School, Dr. J. F. Morse of the Sanitarium was one of the leaders in the discussion entitled, "How Can Our Profession Render Better Service to the Public?"

Miss Alice Kendall, of Boston, who is at the Sanitarium with her mother, spoke at the weekly meeting of the Battle Creek Nature Club on Tuesday evening, on the subject of Mosses, of which she has made a special study. Miss Kendall overtaxed her strength while attending a teachers' college in New York, and is here for recuperation. She finds many interesting places for her observations as a naturalist in our city and vicinity.

Misses Ethel Rockwell and Mabel Young, physical directors of the Kalamazoo Asylum, visited the Sanitarium last week for the purpose of interchanging notes and acquaintances. Their visit was a very pleasant occasion for those interested with them in mutual calling. The organization of a club of instructors in Physical Culture was talked over, and it is not improbable that such a society may be formed in the near future, holding monthly meetings for the purpose of comparing notes and carrying on progressive studies in their science.

Judge C. M. Pond and wife, of Minneapolis, arrived at the Sanitarium last week. They reported that they left three feet of snow behind them, but when they arrived here they found balmy air as of spring.

A very pleasing feature of the last Sabbath services was the singing of a song by the Haskell Home children entitled, "Another Home." This song was written by Mr. F. E. Belden upon the occasion of the burning of the orphanage last spring. The collection of the day was for the benefit of these children. Thanksgiving is approaching and the Haskell Home, the Bethesda Home for needy women, and the Old People's Home come before us for remembrance. The Sanitarium W. C. T. U. is providing Thanksgiving dinners for all these institutions.

Let no one forget the concert to be given Saturday evening at the Sanitarium gymnasium, by the Gertrude Miller Concert Company. This is a fine company, as those who have heard it will testify, and as it was here about a year ago, there are plenty who can do so. The concert is to be given under the auspices of the Sanitarium and Hospital Nurses Alumni Association, which is trying to raise its share of a fund that is being raised by the National Nurses' Association for the purchase of *The American Magazine of Nursing*, the official organ of this society, which has been until recently, however, owned by a private stock company. The tickets for the concert are very reasonable in price, and can be secured at the office or of the nurses.

Dr. A. J. Read gave a lecture at Dowagiac Sunday night, on the subject, "The Living Temple," under the auspices of the Plymouth Club. This is an organization of business men that gives a lecture course each year, selecting their own talent, and thereby securing a better class of lectures than is obtained in the usual lecture course.

An interesting meeting of the Sanitarium W. C. T. U. was held at the Sanitarium parlors Sunday afternoon. Among the speakers were Chaplain McCoy, who urged a temperate diet in the home; Miss Sin Wan, of China, who is in this country to study English; Miss Stevens, who spoke of her work in India; Mrs. Parmelee, who told of temperance work in Turkey; and Miss Gibson, whose work is in Alaska. A paper was read from Miss Herman from Japan.

Miss Sin Wan said their W. C. T. U. in China was organized in 1886, and it was the only one in China, until last year, when Mrs. Stevens organized unions in other places. "There are four hundred million people in our country, with opium, cigarettes, beer, bound-feet, parents sealing their daughters to bad uses, and polygamy, to fight. We have not separated our grown people and young as you have. We have studied Frances Willard, Lady Somerset and others, and are as interested in your country as you are in ours."

Recitations were given by Irving Barnhart, Donald Byington, and Mr. Robinson, and music was furnished by Mrs. Byington, Mr. Edwards, and a class of children from the Haskell Home.

Battle Creek Sanitarium School of Physical Education

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Mr. Horace Fletcher will give a course of lectures on vital economics, and Mr. John F. Stapleton, formerly of the Yale Gymnasium, a special course on theory and practice of Swedish gymnastics.

The next regular term (new class beginning) opens January 3, 1910.

Any who are interested will be sent illustrated announcement with further details on request. Address:

The Battle Creek Sanitarium School of Physical Education
BATTLE CREEK, - - - MICHIGAN

THE BATTLE CREEK IDEA

Vol. II No. 52

BATTLE CREEK, MICH., DECEMBER 3, 1909

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Ladies and Gentlemen: I want especially to speak to you to-night about the University of Health and Efficiency which is growing up

THE BATTLE CREEK IDEA IN CONCRETE FORM

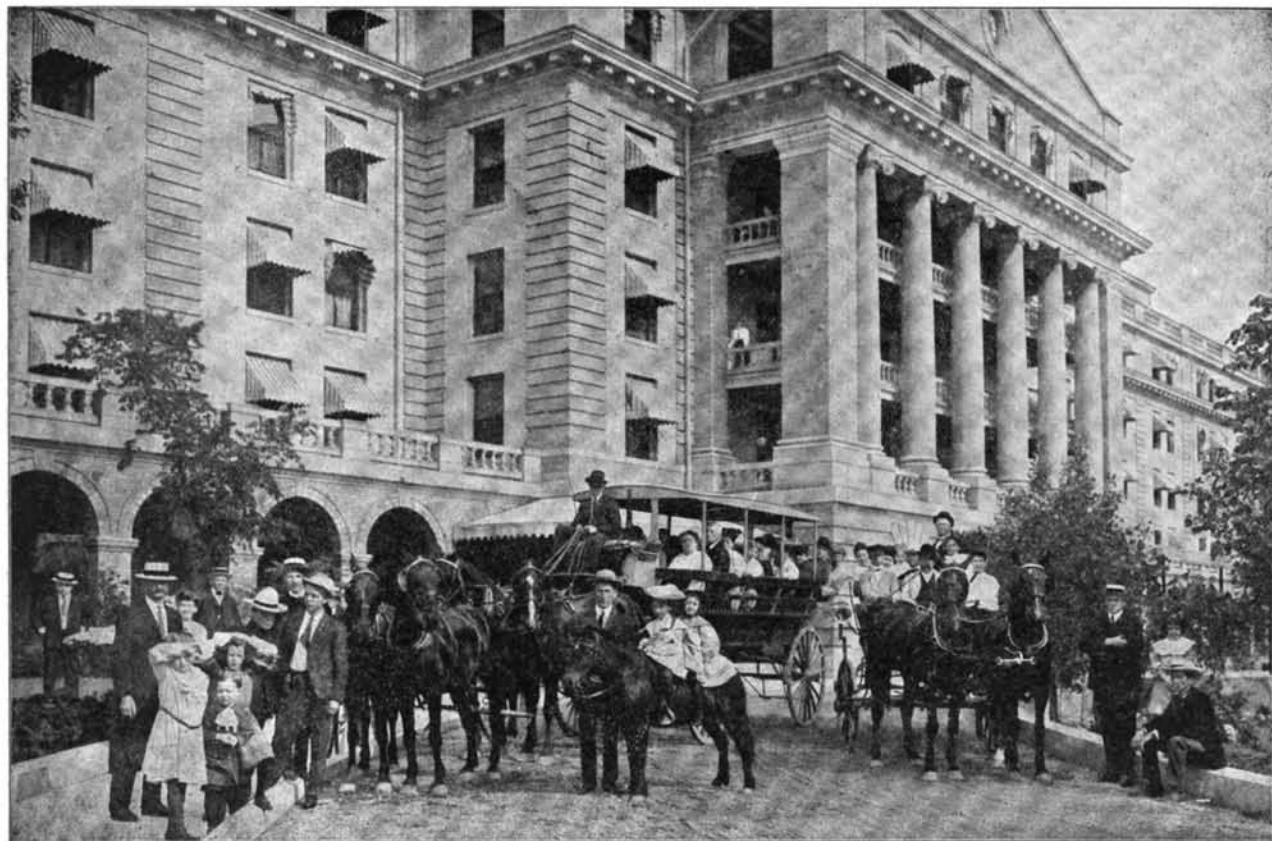
The Battle Creek Idea Finds Expression
in the Work and Principles of a
Great University of Health

In speaking of "The Battle Creek Idea" we do not refer to our little paper, but to that for which the paper stands. This paper

How the Body Protects Itself

The Vital Resistance of the System
Against Disease—Extracts from a
Lecture by Dr. J. H. Kellogg

Bronchial catarrh, nasal catarrh, clergy-
man's sore throat, and catarrh of the skin,
commonly called eczema or salt rheum,



A DRIVING PARTY STARTING FROM THE SANITARIUM

here in Battle Creek. There are in the United States, according to statisticians, in the neighborhood of 450,000 children so completely neglected that it is impossible for them to become honest boys and girls and good citizens. Think of the disgrace of such a condition of affairs in a country like this, with the abun-

(Continued on page nine)

stands, not for buildings or men or appliances, but for truth. The most satisfactory and profitable truth is that which is put into active operation. Truth in the abstract is of minor importance, but truth at work is mighty for good.

The central truth of the Battle Creek Idea
(Continued from page five)

chronic rheumatism, arteriosclerosis,—any of these and almost all other so-called chronic maladies, are due to one great cause, and that is, lowering of the vital resistance. The greatest discovery ever made in relation to disease was that most chronic maladies are due to germs or to germ poisons. It has helped more in the prevention of disease than

any other discovery ever made. All the progress that has ever been made, beyond the sanitary laws of Moses, which were laid down 3,500 years ago, has been made within the last fifty years, and the particular step in advance, the foundation for all this progress, was the discovery of germs. Moses knew about infectious diseases, about quarantine, and disinfection; but he had no microscope, and germs are things which can not be seen without a microscope. Now, it has been found out that these troublesome germs are continually attacking us, doing their best to invade the citadel of life and destroy it.

The skin is covered with millions of these germs. Scrape off a little of the outer skin and put it under the skin and you will get an abscess every time. Years ago when we did a surgical operation, we expected to see some pus afterwards. When I was a medical student, and the doctor had performed some serious operation, he used to look with great anxiety for the appearance of pus, and when pus came pouring out of the wound and it was white, he was happy, and would say, "This is laudable pus; this is good pus." But if the pus was green or yellow, then the surgeon was anxious; there was infection then, and there was something wrong that must receive attention right away. Now, we know that all pus is wrong. If a surgeon now finds white pus pouring out of a wound, he is alarmed, for there is something wrong with his technique; there has been infection somewhere.

When this was found out by Dr. Lister, who was the very first to apply the discovery of Pasteur to surgery, and it was discovered that wounds could be made to heal uniformly without suppuration, it was the beginning of the greatest revolution in surgery that the world has ever seen. I have seen Dr. Lister operating at the King's College Hospital, in London, and I never shall forget the infinite pains he took to have his hands and everything used in connection with the operation completely bathed with carbolic acid solution, to kill the germs so that they would not be able to find a foothold. And the patient was made equally clean by the great amount of carbolic acid that was sprayed into the wound. Often after the operation the urine of the patient would be almost the color of ink, because of the poison that had been absorbed and that was being eliminated.

But later researches showed that it was unnecessary to use carbolic acid solutions in this way. The only thing necessary was to be absolutely clean. Dr. Lawson Tait, of Birmingham, England, one of the greatest surgeons that has lived in modern times, was the first to teach this. He rebelled against carbolic acid, and proceeded to operate with hands that had been scrubbed clean with soap and water, and he had a better record than Dr. Spencer Wells did over at London, when he bathed the patient with carbolic acid solution. I was Dr. Tait's assistant for some months at one time, and had an opportunity to watch his work and to verify his statements. It was found that it was only necessary to be clean; but the thing was to get clean. It was the custom to bathe the hands

with permanganate of potash until they were black, then to bleach them out with oxalic acid until the skin was almost scoured off, and still our patients would have infected wounds. Now, all that difficulty has been overcome by wearing rubber gloves. We can make the gloves clean, but we never could make our hands entirely clean. The reason why we could not get our hands clean was because there are little pockets in the skin, and the germs creep down into these pockets, and when one begins to operate, the perspiration brings the germs out on the skin, so that there are millions of them where there were none before.

I am telling you this so you may see the germ theory is real. It is no creature of the imagination. The skin is continually covered with these bacteria, and it is only because the tissues are fighting hard against them, that they are prevented from getting inside. Within thirty-six hours after an animal dies, its body is completely permeated with germs. Sometimes it happens even before a person dies. A man was bitten by a lion, and in three days his arm was horribly swollen, and he died in dreadful agony because he had been infected by the germs the lion always has in his mouth, germs that were obtained from meat, that produce gas, and at the same time cause putrefaction. When a man or an animal is drowned, after two or three days, the body comes floating to the surface because the gas that has been developed in his body by the germs makes his body light. These infectious germs are always present in the mouth of the lion and of other carnivorous animals.

And what is true of the skin surface is true of the mucous surface. A drop of saliva put into a test tube with a little beef tea and allowed to grow there for two or three days, then injected into the body of a rabbit, will kill it, because the saliva always contains great numbers of deadly bacteria. What is true of the saliva is still more true of the intestinal contents. The contents of the small and large intestines are swarming with death-dealing bacteria. Now, the only reason they do not kill us outright is because we are still able to kill them; that is the reason we are able to stand our ground. Our body cells are able to defend themselves. In the blood there are to be found a large number of white blood-cells, and the duty of these white blood-cells is to fight off germs.

The reason why people suffer from chronic catarrhal troubles is not because there is any inherent total depravity in the particular part of the body affected. It is not because the nose has gone into rebellion, it is not because the lungs are determined to be wicked and depraved that we have bronchial trouble; it is simply because the germs accumulate in these regions because the blood has lost its germ-destroying power, and is no longer able to protect those parts from the enemies to which they are exposed.

The nose strains out bacteria that gather there in great numbers, and the mucus of the nose is poured out to destroy them. If the blood is healthy, the mucus will be healthy, and the germs can not live. An investigator took some very deadly germs and put them inside the nose, and in a few minutes he took

away some of the mucus, and at the end of three hours every one of those germs was dead. They could not survive the contact with healthy tissues; but if this person had been low in his resistant power, his body filled with impurities, then he would have had nasal catarrh. I remember a friend of mine, one of the finest young men I ever knew, ate greedily of Thanksgiving turkey and other unwholesome things, two or three times as much as he ought to have eaten, and the result was he was taken with pneumonia and died in three days. He would not have had the pneumonia but for his surfeit. The surfeit reduced his vital resistance and he was not able to stand so much infection together with the poison from that dead turkey. When a man is going to make a sepulchre of himself, he has to keep himself in good condition to resist the accompanying evils.

A person who has bronchial catarrh is a person whose vital resistance is low, and the thing to do to cure him is to raise the vital resistance. No local treatment or medicine can ever cure him. It is absolutely incurable by any drug that is known, because the cause of it is not the lack of a drug. A man does not get bronchitis because he has neglected to swallow some drug, but because his body has lost its power to defend itself against germs which are always lodging in the throat and in the lungs, and are capable of setting up an irritation there that we call bronchitis. The bronchitis is simply an excretion of mucus which is poured out in the throat to fight off these germs. The germs get a foothold and will grow on the mucous membrane; the body then sends out mucus to kill those germs, to fight them off and to prevent them from getting into the tissues and spreading themselves through the body. These bronchial germs are simply the same kind of germs that produce irritations of the skin, that cause dermatitis, erysipelas, and similar troubles; they are the germs that cause suppuration, the pus-forming germs. It is a common thing to have bronchitis after a surgical operation; because the anesthetic lowers the vital resistance of the patient, and also because the patient, while under the anesthetic, and sometimes as the result of the irritation of the anesthetic, gets a good deal of mucus in his throat, then takes a long breath, and brings down some of the saliva, and so infects the lungs. Now doctors take pains to protect patients against it. Any patient going up to our operating room has his mouth thoroughly scrubbed several hours before, then he rinses his mouth frequently with cinnamon water and other antiseptic lotions to have it perfectly clean. Then we take great care that his throat is not irritated by the anesthetic; and not only that, but we give him treatment for bronchitis just as soon as the anesthetic is applied; and all through the operation the chest compress is applied every five minutes, and when the operation is over, we go on treating him for bronchitis and pneumonia, so that he does not contract these diseases.

It is the lot of humanity to live in a world swarming with germs; we can not get away from them. The thing to do is to live above them, to live so in accord with the principles

of natural living, with the great laws of our being, that we will be able to combat these germs successfully. God never made man to be subject to germs or to disease. Disease is not a necessary thing; we should stand up and resist it, fight it, determine we will survive it, that we will rise high above it.

All I have said in regard to bronchitis applies to every other kind of disease you can think of; it applies to every sort of skin disease, every sort of chronic indigestion, every sort of chronic trouble of the stomach or bowels, various nerve diseases,—neurasthenia, insomnia, and all those things; it applies to all of them. All are due to lowered vital resistance. The one thing to do, then, is to build up the vital resistance. How shall we do that? We need to do all we can to reinforce our vitality; and we may do that by exercise, by proper sitting, by proper standing, by proper breathing, by proper habits of life, by conserving strength and vigor as well as by a right mental attitude; then by living out of doors, in the fresh air, instead of living in overheated houses. The season of the year is coming on when we are likely to be exposed to too much heat. The modern heating appliances are not altogether a boon.

Dr. Cook, of polar fame, in an interview with Mr. Stead, of England, said he was perfectly well until he got back to sleeping in hotels and eating the ordinary diet, when he began to have colds at once; and when he spoke in Chicago recently, his throat was so sore it was a great difficulty for him to talk. He never had sore throat or a cold all the time he was in the Arctic region. That has been the report of every Arctic and Antarctic expedition. Cold air is no enemy, it is a friend. People do not get bronchitis by exposure to cold. The person who has weak lungs has a poor, unhealthy skin; and that is a hard thing to overcome, because we are compelled to submit to the practice of wearing clothes. It is one of the unhygienic things that is forced upon us by civilization. There is only one thing that is worse, and that is the breathing of cast-off second-hand air. We are doing that all the while.

If here was a barrel of water, and everybody who came along took a drink out of it and rinsed off his mouth and put it back into the barrel, you would not care to drink out of that barrel. When in a close crowded room, just think where the air that you are breathing has been. Think of the noses and the mouths it has been through, and the things it has been in contact with in the lungs,—the things that are pouring into it from the blood. What horrible mixtures! If the air were visible we should have a frightful picture. So it is necessary to take pains to keep the air clean. It is not only because fresh air is cold that we need it, but because it is clean, and we must breathe clean air, even as we must drink clean water and eat clean food, and we should expose the skin as much as possible to air to harden it, so that it acquires the ability to take care of itself. We should not take cold if the skin were properly trained to take care of itself. A cold is really a heat, it is fever; it is the reaction from the chill that comes from the blood being too much upon the surface.

The person who has the habit of cold bathing or exposing the skin to cold air, gives to the blood-vessels the daily exercise which strengthens their walls, so that when they are exposed to cold they close up quickly and keep the blood warm and comfortable; thus we do not lose the bodily heat, and the blood temperature is not lowered, and we do not take cold. So it is important for one to accustom himself to cold, and the cold daily bath is one of the most important things for this purpose. The only way for us to meet and baffle disease is so to fortify our whole system that it will be able to resist and expel any invasion of the agents of disease that are about us.

THANKSGIVING AT THE SANITARIUM

This annual festival was observed in a practical and pleasant manner at the Sanitarium, and no portion of the large family was neglected in the provisions that were made. The Sanitarium W. C. T. U. under-



took to provide a dinner for the Haskell Orphans' Home, the Bethesda Home, and the James White Memorial Home for the Aged. This plan was carried out very successfully, and at each of the places there was good cheer, pleasant entertainment, and a bounteous and wholesome feast of good things. Donations of clothing and cash enabled the committee having the matter in charge to provide many things for the comfort of the little ones.

At the James White Home, a few of the Sanitarium helpers prepared the dinner, decorating the tables beautifully, and under the leadership of Mrs. W. F. Martin the children entertained the aged pilgrims most delightfully with songs and speeches.

Quite a number of our guests attended the union services which were held in the First Methodist Church.

The Sanitarium dining-room was adorned with many flowers and plants, and at one o'clock the large family and quite a number of transient visitors sat down to a most attractive and delectable dinner. The bill of fare was the following:

MENU

Macedoine of Fruit	Cream Chestnut Soup
Sanitarium Terrapin Soup	Celery Olives
Nut Meat Loaf—Creole Sauce	Radishes
Baked Nuttolene	Cranberry Sherbet
Mashed Potatoes	Baked White Potatoes
Hubbard Squash	Bermuda Onions
Cinnamon Rolls	Graham Bread
White Bread	Rice Biscuit
Dairy Butter	Granose Biscuit
Fruit Salad—Cream Dressing	Peanut Butter
Lettuce with Lemon	
Cherry Nectar	Apple Juice
Mince Pie	Nuts and Raisins
Apples	Pumpkin Pie
Bush Tea	Grapes
Caramel Cereal	

During the dinner hour three fine turkeys were placed in the midst of the spacious lobby, where they were bountifully served with bright yellow corn, much to their satisfaction and content. And they were busily engaged in picking the kernels from the ears or hunting them among the hay on the floor. At the close of their dinner the guests were invited to go to the lobby, where the turkey

Dr. Kellogg promised them was being served. The delighted birds soon became the center of a large circle of admirers, who congratulated the fowls on being served with a good dinner instead of *for* dinner; on being alive and intact, instead of dead and buried; and congratulated themselves that the handsome creatures were outside visitors, instead of inside guests.

During the afternoon the gymnasium was given over to busy decorators, who transformed it into a fairy palace adorned with greenery, flowers, and with the products of the bountiful harvest. The entire family of helpers and guests were invited to unite on this occasion. The first part of the evening was spent socially, and then a brief but interesting program of music and art was given, and the entertainment closed with good cheer and thankfulness to the great Giver of every bounty.

"FRUIT is a great beautifier. Grape-fruit, oranges, green grapes and apples aid in clearing the skin and preserving that freshness of youth which consists of bright eyes, glossy hair and vital complexion."

THE BATTLE CREEK IDEA

PUBLISHED WEEKLY AT
BATTLE CREEK, MICH.

SUBSCRIPTION RATES

One Year	- - -	\$1.00
Six Months	- - -	.50
Three Months	- - -	.25
Per Copy	- - -	.02

VOL. II DECEMBER 3, 1909 No. 52

THE PROPER SEASON FOR COMING TO THE SANITARIUM

THE question is often asked, What is the best time to come to the Sanitarium? The Sanitarium is not a pleasure resort; if it were, the best time to come would be in the summer. It is established and carried on for the sole purpose of assisting people to recover and to preserve their health. The most of those who come here are invalids to some degree, people whose health is impaired. Many come here who are very ill, and come here as a last hope. Others are wise enough to come in the early stages of their troubles; and some come to rest and recruit.

Now as to the question, we would say, Come when you need to come; and that is as soon as possible after discovering that you ought to come. Many come here in the summer because it is the vacation season, and they can then get away from home and business. All right, come in the summer. Some hesitate to come in the winter because of the thought of cold and inclement weather, and it is more comfortable at home. Here is where a mistake is likely to be made. There are very few homes that provide the comforts for winter weather that the Sanitarium affords. The patient is not exposed to any discomfort whatever on account of cold weather. The great building is evenly heated to a comfortable but moderate degree, and is perfectly ventilated night and day. There is abundant room for promenade in the building without going outside, and if one chooses to do so he may remain indoors indefinitely without suffering any ennui or inconvenience. It would be a good day's work to walk once a day through the corridors and public rooms and enclosed verandas of the Sanitarium. One may sit or recline in the great parlors, read in the library, exercise in the gymnasium, walk in the corridors, remain in his own room, sit in the lobby, visit the palm garden or the museum and laboratories, and do a hundred things without going outside at all; and then he has Florida or Southern California all the time.

But the probabilities are that he will not care to spend his time indoors. The outside air may be crisp, but it is not biting or disagreeable. Storms are not severe nor long. The Michigan winters are nothing to be dreaded, but on the contrary are invigorating and wholesome.

So that in answer to the query, What is the best time to come to the Sanitarium? we say confidently that there is no better time than the winter season.

THE DANGERS OF WINTER

THE climate in any section of the world does not have nearly as much to do with people's ailments as is usually attributed to it. It is the manner in which people relate themselves to the season more than the season, or the temperature, or the weather, that affects them. People live well and long in all sorts and degrees of climate. As winter comes on there is a sense of dread of the cold, and a fear of what the winter may have in store for us. There is pneumonia, and consumption, and various forms of catarrh, and colds, and fevers, that are more prevalent in the winter season, and one is inclined to feel almost afraid to encounter the rigors of the cold weather, especially in our northern regions.

The way to meet winter is to meet it bravely and gladly. Winter has its charms, and its influence upon the health is intended to be salutary rather than dangerous. The man who fears the cold naturally takes great pains to avoid it. He puts a large-sized furnace under his house; he lays in plenty of fuel; he stops up the cellar door, and barricades its windows; perhaps he banks up his house; he puts double windows on his dwelling, puts up a shield over his entrance, and in every way seeks to bar out the cold air. His home is kept uncomfortably warm, so that a person coming to this country from a semi-tropical region can not by any means stay inside. The air is so oppressive as to make one who is accustomed to warm fresh air sick and faint. This the writer knows by experience. Coming to Michigan in the depth of winter from the Southern Hemisphere, one is unable at first to remain indoors on account of the sickening heat that is maintained.

In such an atmosphere the bodily energies become debilitated, the vital resistance runs low. Then the change one experiences in going from a house heated to seventy-five or eighty degrees in the midst of winter immediately to the outside cold where the temperature is perhaps fifty or sixty degrees lower, is a shock that is fraught with danger.

The clothing worn in our winters is often very unsuitable. It is likely to be too heavy and impervious. It admits no fresh air. It is worn in the house. At night the windows in the sleeping rooms are kept closed, the furnace is heating the air through the night, and it becomes stale and devoid of moisture and life-giving properties, so that one awakens with a sense of languor and weariness. The cold bath is avoided as one would

avoid death itself by very many, and one warm bath a week is far too much trouble and risk.

Then, too, the average table becomes a veritable snare in the winter season. Meat and grease, fried-cakes, fried potatoes, fried pudding,—fried almost everything abound; rich pies and cakes, heavy and indigestible foods are eaten, and often but little labor or exercise is taken, while denned up in hot, close, stuffy houses; and this is while going about constantly in clothing that prevents the fresh air getting at any portion of the body.

All this is wrong, as one can easily see by looking at the case from a sensible point of view. No one should blame the climate for the consequences of such living. No wonder such people come out bilious in the spring and have to take sulphur and molasses, or pikery, or some other vile thing to get rid of the viler things within them.

Houses should be ventilated in all seasons. Fresh air should be constantly pouring into every dwelling, and it should be comfortably warmed in coming in. But comfortably warm should not mean hot. A temperature of sixty-five to seventy is not too cool for a house. The sleeping rooms

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should be open wide to the fresh air. No attempt should be made to have the sleeping-room heated or even warm. Dressing and undressing may be done in some warmer room, but the pure fresh air of the outside is the best for breathing purposes at all seasons, and while we may not be able to indulge in it so freely in our living rooms and offices, there is no reason why we should not have plenty of it while sleeping. Let the clothing be of porous material such as will admit the passage of air through it. Wear no more clothing than is necessary for warmth either in the house or outside, and upon coming into the house remove as much as will compensate for the difference in temperature.

The food should partake of carbohydrates in large proportion for the purposes of heat and energy. Fats may be taken in moderation in the form of emulsions, such as cream, and nuts, and olives. The food should not be heavy and hard of management, but light and nourishing, especially light if manual work is largely suspended. There is no reason for filling the system with poisons during the winter to be cast out in the spring.

God made the winter, and he makes the cold and "scatters the hoar frosts like wool." He also prepares us who live in the region of cold to withstand it, and even makes it of the greatest good to those who relate themselves to it so as to receive its benefits.

THE BATTLE CREEK IDEA

(Continued from page one)

is expressed in the old Latin legend, "*Mens sana in corpore sano*," which, being interpreted, is "A sound mind in a sound body." It is the religion of physical righteousness as allied to moral and spiritual uprightness. Sickness and suffering are forms of evil, and are unnatural. They are inimical to the happiness of the race, and should be guarded against as unlawful intruders. The only successful way in which disease may be met and baffled is by correct habits of living. The common practice of living recklessly, ignorantly, until sickness overtakes you, and then hieing off to the doctor and swallowing some medicine to put you right, while keeping right on in the same blundering, unwholesome way, is a pernicious way to live and is surely dragging the race down to extinction. It is high time to lift the voice of warning.

The laws of right living were never concealed from the human race, they are written plainly in the very nature of human existence, and it requires but the sense of instinct as manifested by animals, with the aid of reason, to formulate the code of health, and then a good degree of moral courage and self-denial to put it into practice, and lo! you are at once in possession of one of the most precious heritages ever given of God to his creatures.

The Battle Creek Idea is the embodiment of those laws, the formulation of the principles of right living, and the actual putting of them into practice. The Wise Man says that there is "nothing new under the sun," and at least so far as physiologic principles go, we agree with him. People have known,

or might have known, all down through the ages that the only power in the world that can restore health, or cure disease, or heal a wound, is the power that resides in the system, the principle of vitality, which is a divine power, not inherent in nature and not existing in any agent outside of the body itself. People have known, or might have known, all through the ages that the resources which the system uses in maintaining itself are the ones used in restoring its lost energies, in resisting disease, and in healing sickness. They are pure air, pure drink, pure food. These are the resources of nature and the only ones which the human system can utilize, either in health or disease. There are certain duties that devolve upon the individuals who have intelligence to direct them and liberty to do as they think best. They should take proper exercise and adequate

inable thing that a perverted taste makes them think tastes good; they drink the very essences of death and destruction; and then, when outraged nature gives way, they seek to benumb its protests by opiates, to whip up its activities by stimulants and irritants, and to cure its maladies by strange and violent poisons until the poor body is but a wreck; and who can wonder that it is so? Rather let us wonder that it endures so long and so patiently the abuses that are heaped upon it.

Now the Battle Creek Idea stands like a mighty bulwark against these evil practices that are debilitating and destroying the race. The Battle Creek Idea may be seen in operation in the great Sanitarium, the aim and purpose of its promoters being to put into active use all those natural and physiological forces which are conducive to health and happiness, and to discourage every practice



THE PALM GARDEN

rest; they should select, prepare, and eat their food in accordance with the requirements of the body; they should keep their bodies clean, outside and inside; they should see to it that a competent supply of pure air, food, and drink is provided for their bodies.

In case disease does invade their dwelling and obtain a foothold, then it is incumbent upon them to render all the aid to the overburdened system that is within their power. But let them not forget that the healing must be done by the body itself through the operations of nature, or more truly, through the operations of the divine power within the body, and so, all the part they have to act is to supply right conditions, to remove obstructions, to correct wrong habits, and to assist when possible the enfeebled powers by a judicious use of the natural resources of vitality.

Strange that men should ever have lost sight of these sensible propositions and allowed themselves to be led away by the delusions of self-gratification into ways that are so contrary to right living. They deprive themselves of pure air, they eat every abom-

that has the effect to destroy health and shorten life.

Many men who are prominent in reforming the wrong habits, and in banishing the ignorance that has existed for ages in the realm of health, have learned of the working out of this Idea, have come to witness its operation, and have accorded to this work their recognition and their assistance. The Battle Creek Idea no longer struggles along under reproach and contumely, it is sanctioned by the best wisdom and experience of the world. And any who wish to do so may easily satisfy themselves of the value of the truth for which it stands.

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Shaking Palsy: Its Symptoms

An Analysis of Paralysis Agitans, by
Dr. Riley, with Observations Based
on a Large Number of Cases

(Concluded)

Prognosis: The prognosis is foretelling the outcome of disease. The prognosis of Paralysis Agitans is good so far as life is concerned; that is, it is a disease which does not take life, but usually lasts until the end of life. In any given number of cases the average length of life is undoubtedly reduced on account of the Paralysis Agitans, and in some cases the disease runs only a short course. Other cases extend over many years, and the patients sometimes live to a good old age, and apparently in these cases the length of life is not abridged. Taking it altogether, however, the tendency of Paralysis Agitans is to shorten life.

Paralysis Agitans is usually considered an incurable disease, but if a diagnosis is made early and proper treatment is instituted, the progress of the disease in many instances can be checked or at least greatly retarded in its onward progress and the patient can be relieved of many distressing symptoms, and a case of an individual suffering with Paralysis Agitans should not be regarded as hopeless until he has had the benefit of a thorough course of treatment by physiologic methods, such as the use of hydrotherapy, electricity, massage, proper exercise, rest and regulation of his diet and all his habits of living. By the use of these remedies much can be done to check or retard the onward progress of the disease and to relieve the patient of many distressing symptoms and to very materially improve his condition in every way.

Treatment: The treatment of Paralysis Agitans consists of the proper and intelligent use of all hygienic and physiologic remedies. The patient should lead a quiet life, should be free from all mental disturbances of every kind, should avoid mental and physical shocks and strains, and everything which is in any way unpleasant or disagreeable should be eliminated from his life as far as possible.

His diet should be carefully regulated and should be prescribed by a physician, and the food should be carefully selected, thoroughly cooked, prepared in a tasteful manner, and he should have sufficient food to well nourish his body.

Constipation is usually present in these cases, and the bowels should have proper attention and such diet prescribed as will tend to produce a regular movement of the bowels daily.

The use of the neutral baths at a temperature of 92 to 96° F., or the warm baths at 98° F., or the electrical sinusoidal bath at a temperature of 98° F. for fifteen minutes are all very helpful in overcoming muscular rigidity, in relieving nervousness, in withdrawing the blood from the nerve centers to

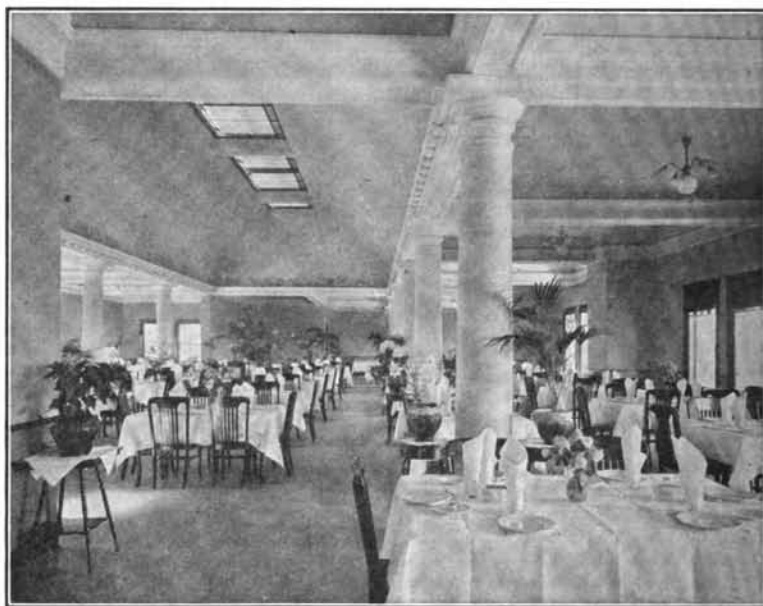
the outside of the body and in improving the condition of the patient generally. In addition to this he should have massage and special manual movements for the purpose of overcoming muscular rigidity, increasing the strength of the muscles, improving the nutrition of the muscles and the nutrition and condition of the body generally.

The patient should be instructed to go to bed early at night, to cultivate the habit of sleep, to have at least eight or nine hours' sleep during the night, and he should be instructed to lie down and rest for two or three hours in the middle of the day. This prescribed rest in addition to the use of other physiologic remedies is a valuable adjunct in the treatment of this disease.

The use of the sinusoidal current applied over the muscles of the body generally are very valuable in strengthening the muscles which are weak and in increasing the nutri-

tion that his patients suffering with Paralysis Agitans were greatly relieved by rides about the city on the street cars and by taking trips away from home on steam cars. The jarring of the car seemed to give relief to these patients. As the result of this suggestion vibratory mechanical movements have been used in the treatment of this disease and often with very beneficial results. These vibratory treatments are taken by special means adapted particularly for applying vibrations to various parts of the body.

There are a number of drugs that are sometimes used for the purpose of relieving the tremor or the shaking and the general nervousness which is present in these cases. It is important, however, to understand that these drugs are not curative and that their effect is simply to relieve the tremor, the nervousness and insomnia and other distressing symptoms which may be present.



THE DINING ROOM

tion and tone of the muscles of the body generally. Sometimes it is important to apply the sinusoidal current to the extensor muscles and in this way increase their strength and overcome the tendency to flexed positions which this disease forces upon the body of the patient on account of the muscular rigidity.

Exercise is also another valuable remedy in these cases. The exercises, however, should be taken gradually and moderately. The patient should be instructed when he walks to direct his attention to his steps and endeavor to stand erect and overcome the tendency which the disease forces upon him to bend the body forward. This should be overcome as far as possible by an effort on the part of the patient to stand erect and to take long steps in an erect position, and thus tend to overcome the tendency to the peculiar festinate gait and flexed posture which are usually present in this disease.

Dr. Charcot, of Paris, France, years ago

Cases of Paralysis Agitans can best be treated in a well regulated sanitarium, properly equipped for the application of hydrotherapy, massage, manual movements, mechanical Swedish vibrations, electricity, where the diet of the patient can be regulated and where the whole life of the patient can be under the control of physicians who have had large experience in the management of these cases. A few weeks spent in an institution of this kind where these remedies can be applied in an intelligent manner often brings very satisfactory results to the patient and to his friends. While a cure can not be promised in all cases, yet in many cases the disease can be checked in its onward progress and the patient greatly relieved of many distressing or troublesome symptoms.

Lady (engaging cook): Do you understand foreign cookery?

Applicant (who hails from the Emerald Isle): Oh, yis, mum, Oi can cook French beans, Spanish onions and Jerusalem artichokes.—*Ex.*

QUESTION BOX DEPARTMENT

EACH Monday evening Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. "When a heart which has no organic trouble but thumps and thumps, beating rapidly, and the physician says it is due to nerves, what can stop the quick beat?"

A. Nothing but the nerves can stop it. The nerves are disordered and disturbed by something going wrong in the stomach and the alimentary canal, the source of all the

exercising with rope and pulley quite as good?"

A. A great deal better. A man who is able to walk and run about, and exercise for himself, does not need massage except for the pleasure of it, unless there might be some disordered rheumatic joint, inactive bowels, displaced stomach, or some other special thing for which a local application of massage is necessary. The patient who requires massage is the man who can not take very much exercise. The man who is able to exercise should choose the manual Swedish movements instead of massage; although, of course, massage is very good for inactive people. If a person is suffering from arteriosclerosis, however, and can not take as much exercise as he ought to take, massage is a means of opening the blood-vessels of the surface and so diverting the blood to the surface and lessening the work of the heart.

Q. "What is hypopepsia, and what are

A. This patient is suffering from chronic intestinal autointoxication. That is why he has this looseness of the bowels; it is due to infection. It is not due directly to the food he eats. This patient can eat fruit without any difficulty, provided he doesn't eat too many other things along with the fruit. He might take a diet of banana pulp, for example, and toasted rice biscuit, or breakfast toast, or almost any other cereal, and the best thing would be a dry diet, such as I have named.

Q. "What is your opinion of camphor?"

A. It is simply a volatile gum, slightly anodyn. It is not a curative agent, and it is not necessary. We do not use camphor customarily in surgery here. Hot applications are better. Anything that camphor will do, heat will do a great deal better, externally or internally.

Q. "What are the disadvantages of coffee drinking?"

A. Coffee is one of the enemies of the human race that I am always very ready to attack. It is a poison which, as was learned nearly sixty years ago, has the same essential elements as the poison which is found in the flesh of animals, in creatin, in urea and uric acid. These substances are essentially the same as the caffeine of coffee and the thein of tea. When taken in considerable doses, it will cause a man to fall unconscious. Seven and a half grains will kill a big cat, and as a cat is supposed to have nine lives, it is quite a serious poison. Prof. Everett Smith, of England, and his assistant, made a decoction of four ounces of coffee and drank the decoction, and both of them fell to the floor insensible and remained there three hours before recovering themselves.

Q. "Should a person with uric acid in the system use lemons and tomatoes?"

A. There is no objection to the use of lemons and tomatoes, because the acid of lemon-juice is citric acid and is digested and utilized in the body.

Q. "What is the treatment for receding gums?"

A. Get rid of the autointoxication which is the cause, and have your gums treated by a dentist.

Q. "Is there any way of removing superfluous hair permanently?"

A. Yes, by electricity the roots of the hair may be destroyed.

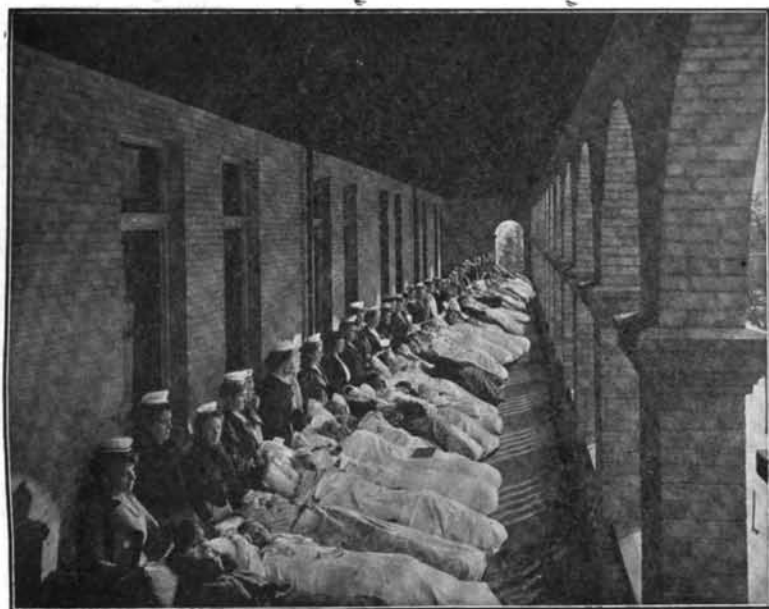
Q. "Would a young woman be cured of catarrh of the head and throat by removal of bad adenoid growths of long standing?"

A. Probably. There may be some other cause besides the adenoids that ought to be removed; perhaps some trouble in the nose needs attention; but removal of these difficulties and building up the resistance by right living will effect a cure. Autointoxication is one of the chief causes of nasal catarrh.

Q. "What are the results of too low blood-pressure?"

A. Too low blood-pressure produces a state of low vitality and a low resistance. It is not very difficult, generally, to raise the blood-pressure, unless the heart has become diseased.

Q. "What causes the heart to beat rapidly and hard after breakfast?"



WHEEL-CHAIR PATIENTS IN WINTER

energy of the body. I found, for instance, to-day a gentleman suffering just that way. The first thing I did was to arouse a protest from him as I touched the pit of his stomach. I simply touched the pit of his stomach just underneath the sternum, and I did not touch it very hard, either. He dodged so fast I was not able to make very much pressure. And he said, "I have had this pain here for a long time, and I have noticed that this throbbing is always worse when I have severe pain here." That man's abdominal apparatus is wrong. There is really no trouble with his nerves. They are only reporting a bad condition in the stomach which is closely associated with the nerve center, the solar plexus, the great abdominal brain. The stomach is disordered, and that irritates the solar plexus, and the solar plexus reflects the irritation in the stomach and is closely associated with the heart.

Q. "Is massage very much more than a lazy man's exercise? Is not walking or ex-

the things to be observed to bring about its cure?"

A. It is a condition in which the stomach does not make enough hydrochloric acid and pepsin. We say it is *hypopepsia*—beneath the normal level. And when the stomach makes too much acid, it is *hyperhydrochloric*—too much hydrochloric acid. When there is too much acid and too much pepsin, that would be *hyperpepsia*.

Q. "Are mineral oils like albolene and vaseline good for internal use?"

A. They are, of course, entirely innutritious; they can not be absorbed, can do the body no good at all; they act as a laxative but rather disagreeable medicine. I should think they would be injurious if used very freely.

Q. "What should be the diet of a school teacher fifty-two years of age, who has suffered many years with diarrhea and occasionally an acute attack which puts him in bed? Especially what fruits could be eaten?"

A. Well, I presume it was the breakfast; perhaps the person did not fletcherize enough.

Q. "My mouth tastes very bitter in the morning when I wake. What is the cause? And what is the remedy?"

A. Autointoxication is the cause, and the remedy is to get rid of it.

Q. "Will you kindly briefly explain a cold, and its cause?"

A. First, a cold is not a cold; it is a fever, an infection. We generally catch it from somebody who has a cold already. It is a catching disease, like measles and whooping-cough.

Q. "What is the difference between using vinegar and lemon-juice on vegetables?"

A. Just the difference between good and evil, between black and white, between food and poison. Vinegar is not food at all; it is simply a poison-diluted acetic acid, sometimes hydrochloric acid, or sulphuric acid, and various other acids, but not a wholesome or food acid. It is the product of decay and fermentation, and is not a wholesome thing. The acid of lemon-juice is a wholesome acid. Lemon-juice is food, just as much as potatoes or bread or any other food substance; it is food, while vinegar is not. Acetic acid, of which vinegar contains five per cent, or even more, is a poison far more potent for mischief than alcohol. Professor Voix, of Paris, showed that acetic acid has twice the power that alcohol has to make gin liver, and four times the power of gin to make gin liver. So, if you want to get a really good, monumental gin liver, the best way to do it would be to use vinegar instead of champagne or beer. I have known of people who killed themselves taking vinegar.

THE SANITARIUM SYSTEM

The Physiologic Method of Treating of Disease Employed at the Battle Creek Sanitarium

THE Physiologic Method, sometimes referred to as "the natural method," was thirty years ago almost entirely in the hands of empirics. Through the application of the scientific method to the various hygienic and other procedures of the natural method, they have been rescued from empiricism and have been organized into a rational system. The physiologic method consists in the treatment of the sick by natural, physical, or physiologic means, scientifically applied.

The application of the physiologic method requires much more than simply a knowledge of the technique of baths, electricity, movements, etc. It especially requires a knowledge of physiology and an intelligent grasp of all the resources of modern medical science. For, while the physiologic method depends for its curative effects upon those natural agencies which are the means of preserving health, and which may be relied upon to prevent disease as well as to cure it, it recognizes and employs as collateral and supplementary remedies, all rational means which have by experience been proved to be

effective as adjuvants or palliatives.

The physiologic method concerns itself first of all with causes. In the case of chronic maladies, these will generally be found in erroneous habits of life, which, through long operation, have resulted in depreciation of the vital forces of the body and such derangement of the bodily functions that the natural defenses have been finally broken down, and morbid conditions have been established.

Chronic disease is like a fire in the walls of a house which has slowly worked its way from the foundation upward, until the flames have burst out through the roof. The appearance of the flame is the first outward indication of the mischief which has been going on; but it is not the beginning. It is rather the end of the destructive process.

As Hericourt, the learned author of "Les Frontiers de la Maladie," has so well pointed out, the man who is recognized to be suffering from chronic disease, even though the malady may be said to be in an incipient state, has really been ill for some time, as the existence of the disease is evidence of the long-continued insidious operation of subtle causes which have gradually consumed the patient's vital capital, wiped out his margin of safety, and established definite and often permanent pathological conditions. Disease, then, is not the chief object of attack, but the causes of disease.

The physiologic method does not undertake to cure disease, but patients. It recognizes the disease process as an effort on the part of the body to recover normal conditions,—a struggle on the part of the vital forces to maintain life under abnormal conditions and to restore vital equilibrium.

As regards the methods of dealing with individual ailments, the Battle Creek Sanitarium System offers no panaceas and claims no secret methods or processes. There is no routine or "course of baths," no violent heroic measures, no empirical formulas for any disease or class of maladies. The "system" is simply a rational plan of leading the invalid out of suffering and inefficiency into health, comfort, and useful activity. Its claims as a system are based (1) upon the working plans which thirty years of experience have developed for the utilization of all rational curative measures, especially those of a physiologic character, combined (2) with the complete supervision and control of the life of the patient, and (3) the application of methods of precision in the study of vital conditions, normal and pathological.

At the outset of his course of treatment, the patient is instructed that his recovery will depend very largely upon himself; that curative power does not reside in the doctor nor in the treatment, but is a vital force operating within the patient himself. The physiologic method is based upon this fact, so well stated by Dietl, the eminent pupil of the great Rokitanski: "Nature creates and maintains, therefore she must be able to heal."

Great pains are taken to render the patient intelligent in relation to these facts and principles. He is taught that it is the blood that heals; that most chronic disorders are the result of deteriorative changes in the blood;

that some abnormal content or some deficiency has led to minute functional or structural changes which, slowly advancing during a long period, have finally resulted in so great a disturbance that attention is called to the fact by symptoms, so that he discovers that he is ill; that the chronically sick person is in a state of low vital resistance, and hence that his treatment necessarily requires, first of all, the exact regulation of all his habits, and the establishment of natural conditions of life. The simple life and return to nature are the ideals constantly held up before him. He must work out his own salvation; he must "cease to do evil and learn to do well;" he must cease to sow seeds of disease, and by every means in his power cultivate health.

THANKSGIVING AT THE DISPENSARY

Thanksgiving morning was one of great interest in the Dispensary. Over forty well-filled baskets were sent out to the poor. Helpers from nearly every department in the institution, including the medical students, volunteered their services in distributing the baskets.

Beginning December 1st, the treatment rooms will be open forenoons as well as afternoons.

Following is the monthly report of work done by the Dispensary during November:

<i>Inside Work—</i>	
Patients enrolled	114
Consultations	529
Examinations	52
Surgical dressings	166
Bath-room treatments	402
Massage	30
Electro and Light	205
<i>Out Work—</i>	
Nurses' visits	260
Families visited	133
Visits discontinued	15
New families on list	24
Total number on regular visiting list	117
Treatments given	63
Families assisted by clothing	75
Families assisted by food	56
Garments received	79
Garments distributed	154
Orders for food	12
Laboratory	54

"THE Nature and Cure of Disease" is the title of a very neat and helpful little booklet of which Dr. A. B. Olsen, superintendent of the Surrey Hills (England) Sanitarium, is the author. The little volume contains 28 pages with illuminated cover. The subject is treated in a manner that is at once attractive, interesting, and conclusive. The argument is summed up in the conclusion in the following words: "We trust that it is clear to every reader that disease and premature death are the result, mainly, of careless habits of life and lustful indulgence, while good health and long life are the legitimate fruit of careful personal hygiene, wise sanitary precaution, simple and wholesome living, and a brave, virtuous life." The price of the booklet is three-pence, or six cents.

HEALTH AND EFFICIENCY

(Continued from page one)

dance of wealth and with every facility for being kindly and hospitable to the poor waifs, and yet to have nearly half a million falling into such conditions as these. They are children who are born into areas of neglect, where they never learn to know what the good is until they have become incriminated by the bad, and are generally tabooed in society; for to have once been marked with the stigma of crime, no matter what the age, no matter how little responsible, that stigma attaches during life, and at no time is the one so marked safe from the tongue of reproach, even though the crime be committed in childhood. Consequently, in this country of ours, blooming as it were with wealth and with every facility for hospitality, we find this large number of children born inevitably into crime. It is certainly a reproach upon this country, and I might give illustrations and incidents to prove that it is purely the fault of society that this exists; but I will not do so to-night. But I want to say a word about Battle Creek.

Battle Creek is to me one of the most attractive places on the continent, in fact in the world, because of the atmosphere of sweet reasonableness that covers the landscape here in almost every direction. Each time I come here I feel it more and more. It is an irresistible attraction which grows upon one as one comes here year after year and sees that the conditions existing go on persisting year after year, and that one may drop in here as into a sanctuary at any time for a few days, a few hours, a month or so, and get the recuperation which may be had here so easily and so agreeably.

I have been for many years pursuing the object of cream-skimming. That is to say, in any part of the world where there is anything going on that is especially interesting, I make it my business to go there and to participate in the enjoyment. There is no place on the continent that I enjoy dropping into and remaining for a few days more than here in Battle Creek, and I speak as one accustomed to what you may call the creamy parts of earth; and consequently I speak of it in high appreciation in order that some of you who have not traveled so extensively over the world may feel the value of the entertainment and of the enjoyment that is put up here in this blessed burg of Battle Creek.

I want to speak also of the Middle West, the home of many of you here, and its wonderful facilities for education. Within three hours of this city, on the Grand Trunk railroad, is the town of Valparaiso, in Indiana. Thirty-six years ago it scarcely had a school. Now it has the largest practical university in the United States and perhaps in the world, and we have had the pleasure within the past few weeks of having with us the president and one of the originators of that wonderful institution. Last year the enrollment amounted to nearly 6,000 persons, and it is one of those extraordinary places where education is almost free. And right here in this concentrated area you have all the facilities of a classical university and a university of health, a great university of health; and

it is something to be appreciated, I assure you.

But in addition to expressing my appreciation of this as one of the creamy spots of earth, I am going to say that there has been born here a Health and Efficiency League, backed up by some of the most powerful in-



MR. HORACE FLETCHER

fluences in America; and the object of that league is not only to study subjects relating to human health and efficiency, but also to conduct such large experiments as to test the universality of the ideas underlying the prin-

ciple; and this league is forming here in Battle Creek. The number has already grown into many hundreds, and it is desirable that it should grow to many thousands.

One of the requests of the evening was that questions relative to the league, and to the specialty which I particularly promote, might be answered; and I am now at the service of those present, for that purpose. If they are not too difficult I will try to answer them for you.

Question. How much time does Mr. Fletcher occupy in eating his meals? How can a business man get time enough to fletcherize?

Answer. That depends somewhat upon the meal; but where there is an abundance of everything, the time required need not be more than half an hour a day for full sustenance, and that under conditions of hard work. At Yale University I never spent more than twenty-eight minutes a day, or fourteen minutes to each meal, in the consumption of food, and at the end of that test period I weighed slightly more than I did in the beginning. But that meant there was no discussion of politics, no question raised as to whether Cook or Peary had found the North Pole; it was a strictly business affair.

Q. What did you eat?

A. I may say that corn flakes had not been discovered at that time, but a breakfast cereal, milk, and maple sugar,—one quart of milk served for the day; the breakfast cereal according to taste, and maple sugar according to the sweet tooth of the time.

Q. Do you think it is best to make especially a business proposition of the meal, or would you make it a social one?

A. If it can be made an attractively social affair, it is a very good thing. If the compliments passed about are all favorable and

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Three journals are published at the Battle Creek Sanitarium:

The Battle Creek Idea (Weekly).....	\$1.00 per year
Good Health (Monthly).....	1.00 " "
The Medical Missionary (Monthly).....	.50 " "

These papers will be combined at the following prices:

Battle Creek Idea and Good Health.....	1.50 " "
Battle Creek Idea and Medical Missionary	1.20 " "
Good Health and Medical Missionary.....	1.00 " "
All three journals one year.....	1.75 " "

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nothing but good cheer passed about the board, then sociability is a good thing; but anything in the form of controversy, a scrap, a discussion of politics, or anything of that sort is prejudicial to digestion. It is not so much the amount of the communication as it is the quality.

Q. What did you eat for your noonday meal to-day?

A. The noonday meal in my case is the first meal of the day. I have no means of judging of the quantity in ounces, or even in calories; but my rule is to have as keen an appetite as possible, and to satisfy it as completely as possible with whatever is at hand. I am very fond of baked potato; I am exceedingly fond of watermelon in season, and muskmelon at all seasons of the year; there is scarcely anything on the bill of fare of the Battle Creek Sanitarium that is not palatable to me.

Q. When do you have your second meal?

A. In the evening at six o'clock or seven o'clock, unless I am busy. If I am busy, I take nothing until the next day.

Q. Do you consider it advisable to make a point of discussing a business proposition at lunch?

A. It depends entirely upon the nature of the business, because it is the quality of the thought and not the thought itself that causes the disturbances of digestion.

Q. Do you approve of drinking fluids at meals?

A. It is my habit to take water whenever I am thirsty, and the only time I am ever thirsty is at meals. But I never take water for the purpose of washing down food.

Q. Do you fletcherize water?

A. It depends upon the water. Pure water is perfectly neutral. It is neither acid nor alkaline, and there is nothing that saliva can do to it; consequently it is in condition to be drunk; but if it has anything mixed with it, like lemon juice, or even sugar, it is then desirable to treat it with the saliva; but if it is pure water it may be drunk in ounce quantities until the thirst is satisfied.

Q. What do you mean by an ounce at a time?

A. The ordinary swallow happens to be an ounce, and I merely mentioned that because it happens to be so, and you can judge of the amount of water you are taking if you ever want to measure it, by the number of swallows.

Q. How can you tell when you have taken enough food?

A. There is only one way of telling when

there has been enough; but there are two ways of telling when there has been too much. When there has been enough, if the food has been carefully taken, so that the appetite might discriminate, the appetite will be cut off short, sometimes between two morsels of food; but in that case there is no gastric distension; there is no fullness of the



PROF. IRVING FISHER, CHAIRMAN OF THE HEALTH COMMITTEE OF ONE HUNDRED

stomach. Whenever a fullness of the stomach is felt, it is evidence that food has been taken really in excess of the need.

Q. Did you suffer from indigestion before you took up this test?

A. Yes, many years ago I suffered enormously from indigestion.

Q. How did you discover this method?

A. It was partly through accident and partly through search. And it came about very naturally. It is quite a long story, but I can tell you in a few words that I had supreme confidence in nature, that she intended for us only well; that if we were suffering any disabilities it was our own fault and not the natural intention; that if nature had given us any responsibility in the matter she had not hidden it away in the tortuous alimentary canal, but it was somewhere within our control, before we had lost control of the food. That led to a study of what happens within the area of our control. And when you come to think of it, nature has given us every incentive to pay attention to that small area of the alimentary canal, because there all of the senses are bunched; all of the compensation in connection with food is there felt; and it is the most unbusiness-like proceeding imaginable to slight that area, and to pass on quantities of food to the stomach where it not only is not wanted, but where it becomes poison. It may seem a very small matter to some, who may have the stomach of an ostrich, and they may go on abusing those organs for a number of years and it may not seem to make very much difference; but you may be sure that during all of that time a large part of the energy which might have been available has been squandered in the heroic attempt of nature to correct the abuses of neglect. There is no doubt that nearly all of the invalids here are here simply on account of neglect of that first three inches of the alimentary canal, and consequently they are suffering in one form or another, as Dr. Kellogg tells us on every opportunity, from auto-intoxication. The booze of beef is worse than the booze of beer; and it is a veritable booze; it is a poison; it is an intoxication.

THE BATTLE CREEK SANITARIUM AND HOSPITAL TRAINING SCHOOL FOR NURSES, BATTLE CREEK, MICHIGAN

This institution offers a three years' course of instruction for women and two years for men. In addition to the usual subjects taught in hospital training schools, special attention is given to all branches of physiologic therapeutics, including hydrotherapy, radiotherapy, phototherapy, kinesotherapy, or manual Swedish movements, and massage.

Among other special advantages offered are laboratory instruction in bacteriology and chemistry, the use of the microscope, urinary analysis, practical course in cookery and dietetics, medical gymnastics, swimming, anthropometry and open air methods.

Applicants received whenever vacancies. The next class will be organized the first of April, 1910.

For full information address

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Q. How do you choose your breakfasts and dinners from the menu we have at Battle Creek? Is not the variety too great?

A. It certainly would be if everybody took everything there was upon the menu; it is a very generous menu.

Q. If you should take medicine would you fletcherize it?

A. I have not taken any pills or pellets for very many years, and I really do not know.

Q. Have you taken a tonic?

A. Water is a beautiful tonic.

Q. Say, for example, some petroleum emulsion,—would you fletcherize that or drink it down?

A. As I think of it from this distance, I would eschew it. (Applause.)

Q. In the case of a child who has suffered from paralysis and inability to make perfect use of the tongue, would you recommend the giving of large pieces of meat, too large to swallow, to the child to chew on, so as to encourage him to masticate?

A. Giving a child large pieces of meat anyhow is equivalent to giving it poison.

YET this one thing I learn to know,
Each day more surely as I go,
That doors are opened, ways are made,
Burdens are lifted or are laid,
By some great law unseen and still.

—Helen Hunt Jackson.

ARRIVALS

THE following is the list of arrivals at the Battle Creek Sanitarium for the week ending November 29: Mrs. Jno. M. Wing, Chicago; Chas. Peterson, Texas; Mrs. J. N. McKillop and Mrs. Ira W. Bright, Fla.; J. R. Ramey, Minneapolis; Mrs. D. M. Kneeland, Mich.; N. D. Sharp and Mrs. S. L. Beard, Ohio; C. C. Ward, Mich.; Arnold C. Lamberg, Detroit; Mrs. A. B. C. Hardy, Mich.; J. H. Greenwood, City; Madison Corey, N. Y.; Mrs. H. A. Wahlert and Miss Alice, St. Louis; Gavin Spence, Minn.; B. N. Creaser, Mich.; Mrs. Bachrack and E. Bachrack, Toronto; C. E. Dobson, Fla.; Mrs. C. A. Balcom, Ind.; Dr. J. E. Cavanagh, N. Dak.; Mrs. Frank Hack and F. M. Gregg, Ind.; Rev. Julius Soper and wife, Japan; G. Biglow, Ohio; Mr. and Mrs. V. Balcom, Ind.; Ethel I. Dobbins, Iowa; Peter McKenna, Ill.; Elmer Swanson, Wis.; P. M. Richards, New York City; Francis Karr, Chicago; Simon Larsen, N. Dak.; Mr. and Mrs. C. M. Roser, Ohio; Alfred M. Burton, Detroit; Adelaide B. Jaynes, W. Va.; Dr. M. C. Clokey and Dr. W. H. Aplin, Mo.; Jno. C. Doe and wife, Minn.; A. O. Anderson, N. Dak.; M. J. O'Brien, Cleveland; Mrs. M. M. Farwell, Detroit; M. W. McBride, Ind.; Alfred McGunnagle, Mich.; Dr. Z. Marx,

Chicago; T. C. Gordon, Detroit; Mrs. L. F. F. McFarland, New York City; W. B. McElwey, Ohio; Thos. H. Gay and wife, S. Dak.; J. S. Lincoln, Chicago; Walter Barrett, Mo.; Dr. M. L. Moody, wife and baby, Tex.; H. A. Flynn, Ind.; James O. Carr, N. Y.; W. E. Wilson, New York City; Frank T. O'Hair, Ill.; C. L. Jeffrey, Ind.; H. C. Gray and wife, Mo.; Anus P. Foster, Cincinnati; Lewis G. Kivers, New York City; Chas. B. Smith, City; Mrs. M. A. Spofford, Pa.; Mrs. R. B. Watson, Pa.; Mrs. Jno. E. Tyler, Colo.; James M. Botton, N. Y.; Mrs. W. N. Davis, Ind.; Mrs. A. F. Childs, Syracuse; O. B. Potter, Buffalo; Mrs. J. A. Biglow, Ohio; Samuel Ayers, Pittsburg; T. A. Rodefer, Ohio; H. R. Barton, S. Dak.; F. D. Matteen, Ill.; Paul V. Archibald, Chicago; Ernest F. Jones, Pittsburg; H. T. Sutton and daughter, Ill.; R. N. Smith and son, Ind.; Mr. and Mrs. H. T. Smith, Detroit; Mr. and Mrs. Leo Frash, Chicago; Mrs. F. O. Heydon, Ill.; F. R. King, W. Va.; Jno. P. Hummter, Detroit; J. A. McGowan, Mont.; Mrs. A. Steinel, Mo.; W. A. Helms, Mich.; H. C. Reynolds, Mich.; Catherine Thomas, Ohio; J. H. McKay, New York City; Kate B. Marden, Ohio; J. P. Frank, Ind.; A. B. Nolbert, Iowa; F. E. Walker, M. D., S. Dak.; Mrs. Chas. Cole, Iowa; Adda H. Swartz, Ill.; Mrs. G. A. French, Minn.

News and Personals

H. J. Greenwood, of Lancashire, England, is a recent arrival at the Sanitarium.

J. H. McKay, an attorney, of New York City, is spending a few weeks with us.

Dr. Kelsey returned last week from an extended trip through the South and West.

Miss Louisa Dewing, a nurse, has gone to her home in Weston, Iowa, for a few weeks' visit.

We are pleased to have with us again Dr. Marx, of Chicago, an old friend of the institution.

H. C. Reynolds, of Marquette, Mich., has returned to the Sanitarium for further rest and treatment.

Miss Blanche Mellinger, of the Record office, has returned to her work, after spending Thanksgiving at her home in Ithaca, Mich.

Rev. Julius Soper and wife, missionaries under the Methodist Board, of Tokio, Japan, are taking much needed rest and treatment in the institution.

Mrs. C. W. Heald, of Nevada, Iowa, is visiting her sisters, Mrs. E. L. Eggleston and Miss Elizabeth Neal. Mrs. Heald was formerly Miss Margaret Neal, and was for several years a teacher in the Battle Creek College.

WHEN NEXT YOU TRAVEL

Please Try

The Grand Trunk Railway System

Its through trains are made up of modern vestibuled equipment, and its dining car service is unsurpassed. Please ask for particulars on any trip.

L. J. BUSH, Passenger Agent.

TWO COURSES IN DOMESTIC SCIENCE

The One-Year Course, intended especially for Matrons and Housekeepers or for those who desire it for its educational value, includes General Cookery, Invalid Cookery Institutional Cookery and Practice Cookery, Anatomy and Physiology, Household Chemistry, Home Nursing, Household Microscopy, Household Economics and Architecture, Sewing, Medical Dietetics, Theory, Table Service, Physical Culture, etc.

The Two-Year or professional course, intended especially for Dietitians, Lecturers, and Demonstrators, includes all the studies of the one-year course, and in addition Advanced Chemistry, Advanced Physiology, Sanitary Science, Bacteriology, and Hygiene, and Advanced English.

ONE SPECIAL FEATURE of this school is that students are given an opportunity to meet a large part of their expenses by work along lines which aid them in their studies.

**The Battle Creek Sanitarium School
of Health and Household Economics**

**BATTLE CREEK
MICHIGAN**

Henry C. Gray, of Hamilton, Ohio, a prominent real estate dealer, is stopping at the Sanitarium for rest and treatment.

Mrs. Cora Morse has returned from a three weeks' visit in Grand Rapids, with renewed strength and health, and has already resumed her duties.

Among the doctors who are visiting us at the present time we note the following: Dr. M. L. Moody and wife, of Greenville, Texas; Dr. M. C. Clokey and wife, of Huntington, Ind.; Dr. F. E. Walker, of Hot Springs, Ark.; Dr. J. E. Cavanagh, of Fargo, N. Dak.

The work of removing the two large cottages from the south end of the main lawn has been accomplished and the ground is being leveled and brought into shape. The extension of the front lawn down to Champion Street is a very marked improvement of the Sanitarium premises. The two cottages are located on Champion Street on a portion of the outdoor gymnasium tract.

Last winter there was held in the Sanitarium the first Conference of Medical Missionaries to be convened in this country. At that time it was decided to make this a permanent fixture. A committee has been appointed and is now at work arranging for the second conference, which will probably be held in the month of February, at which time it is expected that a large number of prominent missionaries now in this country will be in attendance.

Dr. W. H. Aplin, of Hamilton, Mo., a warm friend of the Sanitarium, spent Thanksgiving with his daughters, Lola and Olea, who are students here.

Miss Meddie O. Hamilton, field secretary of the C. L. S. C., has been with us over a week presenting to our nurses and others the value of systematic and judicious reading. A great many new ideas have been given concerning this important matter, and we anticipate that within the next few days they will begin to take tangible form. It is hoped that it will be possible to organize one or two reading circles. Miss Hamilton's visit and talks have been very instructive and helpful.

The Gertrude Goodwin Miller Company gave an entertainment in the gymnasium last Saturday evening consisting of vocal music by Mrs. Miller Smith, soprano, and Mr. Archibald, baritone, Professor Jores, pianist, and Gertrude Goodwin Miller Brasche, reader. As usual, the entertainment was very high class and was thoroughly enjoyed by the large audience present. Through the kind co-operation of many friends the Nurses' Alumnae Association, which was the beneficiary, received the sum of nearly sixty dollars from the proceeds of the concert after paying the company a liberal sum.

The following schedule of lectures and entertainments has been provided for the Sanitarium lecture course to be given during the winter. Two of these numbers are now in the past and have been eminently instructive

and successful in every way. The remainder of the program promises to be equally so:

TUESDAY, NOVEMBER 9

A Trip through South America*—Prof. E. M. Brigham.

TUESDAY, NOVEMBER 30

The Utility and Development of Our National Waterways*—Dr. A. J. Read.

TUESDAY, DECEMBER 21

Grand Vocal and Instrumental Concert—William Drever, Conductor.

TUESDAY, DECEMBER 28

Comparative Values—Dr. Carolyn Geisel.

SATURDAY, JANUARY 15

America's Greatest Waste—Rev. Edwin M. Randall, D. D.

TUESDAY, FEBRUARY 8

A Visit to Egypt and Palestine*—Dr. J. H. Kellogg.

SATURDAY, FEBRUARY 19

Grand Concert, Twenty-four Voices—Welsh Troupe.

TUESDAY, MARCH 1

The Cause and Cure of Disease—Dr. Benton N. Colver.

SATURDAY, MARCH 26

My Trip Through the Yellowstone Park*—Prof. W. G. Coburn.

Lectures marked with a star are illustrated by stereopticon.

The dates may necessarily be slightly changed to accommodate speakers; if so, notice will be given. These entertainments are free, except the two concerts, which will benefit the Sanitarium Library.

Battle Creek Sanitarium School of Physical Education

Gymnastics—German and Swedish; Dietetics; Massage; Hydrotherapy; What to do in Accidents, Emergencies and Common Maladies; Medical Gymnastics. Anatomy and Physiology; Chemical and Anatomical Laboratory work; Large Indoor and Outdoor Gymnasium and Swimming Pools.



Large Faculty of able teachers and trainers. Course one year. Tuition full year, \$85.00; Board and Room, \$3.00 to \$3.50. A number of students may pay their way in work.

Mr. Horace Fletcher will give a course of lectures on vital economics, and Mr. John F. Stapleton, formerly of the Yale Gymnasium, a special course on theory and practice of Swedish gymnastics.

The next regular term (new class beginning) opens January 3, 1910.

Any who are interested will be sent illustrated announcement with further details on request. Address:

The Battle Creek Sanitarium School of Physical Education
BATTLE CREEK, - - - MICHIGAN

